

Guide to useful medical internet sites



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Medical Internet Sites

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Medical Internet Sites

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

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

Healthy Skepticism: Patient
www.healthyskepticism.org Clinical
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
www.mayoClinic.com  Clinical
Concise patient orientated overview of many disease states.

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

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

UpToDateInc.: Patient
www.uptodate.com/patient Clinical
[s](#)
Useful, concise fact sheets on numerous medical topics.

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

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

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

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

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

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

NSW Clinical Information Access Service (CIAP): Patient
www.clininfo.health.nsw.gov.au  Clinical
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
www.nlm.nih.gov Clinical
Huge data base of disease states on Medline Plus link.

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

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

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

National Institute for Health Patient

Medical Internet Sites

and Clinical Excellence: Clinical
www.nice.org.uk

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: Patient
Clinical
www.nhmrc.gov.au
Large data base of clinical guidelines.

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

Google Translate: Patient
Clinical
translate.google.com.au
Copy and paste documents into appropriate box and automatic translations appear in many languages. Useful for typing out instructions for patients.

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

WebMD: Patient
Clinical
www.webmd.com

It's My Health: Patient
Clinical
www.ItsMyHealth.com.au
Comprehensive information for patients managing their medicines and symptoms.

Science Based Medicine: Patient
Clinical
www.sciencebasedmedicine.org
An excellent site that explores some of the issues of alternative medicines.

Aboriginal and Torres Strait Islanders

Australian Indigenous Health/InfoNet: Patient
Clinical
www.healthinfonet.ecu.edu.au
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: Patient
Clinical
www.allergy.org.au
Very useful fact sheets and information on all manifestations and treatment of allergic conditions.

Cancer

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

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

Cancer Treatments Online-eviQ (Cancer Institute of NSW): Patient
Clinical
www.eviq.org.au
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: Patient
Clinical
www.virtualcancercentre.com
Excellent data on cancers, drugs
It is part of www.virtualmedicalcentre.com giving

Medical Internet Sites

excellent overview of many diseases, 3D animations.
Ignore the ads.

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.htm
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

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fibrillation.

Atrial fibrillation

www.atrialfibrillation-au.org/

Good resource on atrial fibrillation.

Patient

Clinical

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 Dermatologists:

www.dermcoll.asn.au

Patient

Clinical

Eczema Association of Australasia:

www.eczema.org.au

Patient

Clinical

New Zealand Dermatological Society:

www.dermnetnz.org

Excellent and comprehensive site on skin diseases.



Patient

Clinical

All about Acne:

www.acne.org.au

Good patient orientated guide.

Patient

Clinical

National Psoriasis Foundation:

www.psoriasis.org

Excellent patient resource material.

Patient

Clinical

Occupational Dermatology Research & Education Centre:

www.occderm.asn.au

Useful site on common occupational dermatoses and their management.

Patient

Clinical

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

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

Patient

Clinical

Medical Internet Sites

Drink Wise: Patient
www.drinkwise.org.au Clinical
Outlines excellent strategies especially for parents.

Australian Drug Information Network:  Patient
www.adin.com.au Clinical
Has an excellent, comprehensive quality database for Health Professionals on all aspects of Drug and Alcohol abuse.

Ear, nose and throat

Otolaryngology Houston:  Patient
www.ghorayeb.com Clinical
A well ordered comprehensive site on all aspects of ear, nose and throat.

ENT Information:  Patient
ent-information.com Clinical
Excellent information for patients on a variety of ENT conditions.

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

Emergency Medicine

Emergency Care Institute of NSW Patient
<http://www.ecinsw.com.au> Clinical
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
www.diabetesaustralia.com.au Clinical

Mendosa: Living with Diabetes:  Patient
www.mendosa.com/diabetes.htm Clinical
Comprehensive patient information data base and links on all aspects of diabetes.

Australian Thyroid Foundation: Patient
www.thyroidfoundation.com.au Clinical

Andrology Australia:  Patient
www.andrologyaustralia.org Clinical
Excellent A-Z guide on common male issues and reproductive health.

Thyroid Australia: Patient
www.thyroid.org.au Clinical

Thyroid Disease:  Patient
www.thyroidmanager.org Clinical
Useful and very concise data on all aspects of thyroid disorders.

Australian Paediatric Endocrinology Group: Patient
www.apeg.org.au Clinical
Provides excellent resource material and links in various facets relating to paediatric endocrinological conditions.

National Institute of Diabetes and Digestive and Kidney Diseases:  Patient
www2.niddk.nih.gov Clinical
Excellent resource base for both Gastro-intestinal and urological/ renal diseases.

WHO Fracture Risk Assessment Tool: Patient
www.shef.ac.uk/FRAX/ Clinical
A very useful online tool for predicting fracture risk.

Diabetes kids and teens: Patient
www.diabeteskidsandteens.com.au Clinical
Good resource material for patients and health professionals on Type 1 diabetes.

Diabetes Counselling online:  Patient
www.diabetescounselling.com.au Clinical
Excellent resources on diabetes management .Also option for online counselling.

Diabetes in General Practice (RACGP): Patient
<http://www.racgp.org.au/your-practice/guidelines/diabetes/> Clinical
Comprehensive resource manual on management and assessment of diabetes.

Gastrointestinal

Medical Internet Sites

Gastroenterological Society of Australia: Patient
Clinical
www.gesa.org.au

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

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

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

The Wales Day Centre: Patient
Clinical
www.wales.com.au
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:  Patient
Clinical
www.genetests.org
Excellent review and resource of common genetic conditions and links to international labs.

Centre for Genetics Education NSW: Patient
Clinical
www.genetics.com.au
Comprehensive fact sheet data base and excellent link for professionals and patients.

Human Genetics Society of Australasia: Patient
Clinical
www.hgsa.com.au
Association of Genetic Support of Australasia: Patient
Clinical
www.agsa-geneticsupport.org.au

Murdoch Children's Research Institute: Patient
Clinical
www.mcri.edu.au/Downloads/PrenatalTestingDecisionAid.pdf
This is an excellent guide on pre-natal testing and common scenarios.

Geriatrics

Guardianship Tribunal: Patient
Clinical
www.gt.nsw.gov.au
Very useful information and downloadable forms.

Planning Ahead Tools Patient
Clinical
NSW Government site to assist patient and clinicians to making wills, Enduring Power of Attorney, Guardianship, Advanced Care Directives
www.planningaheadtools.com.au/

Council on the Ageing NSW (COTA): Patient
Clinical
www.cotansw.com.au
Useful resources for the elderly.

Advance Care Planning :My wishes program: Patient
Clinical
www.mywishes.org.au
An excellent site on Advance Care Planning with simple, easy to read downloadable documents.
Advance Care Planning in2010: Patient
Clinical
www.youracp.com
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 Patient
Clinical
www.respectingpatientchoices.org.au
Advance Care Directive forms and information.

Planning What I Want Patient
Clinical
www.planningwhatiwant.com.au
Advance Care Directive forms and information.

The Advance Care Directive Association Inc. Patient
Clinical
www.advancecaredirectives.org.au
Advance Care Directive information and publication.

Coordinated Veterans' Care Program: Patient
Clinical
www.cvcprogram.net.au

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
Clinical
www.myagedcare.gov.au
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
Clinical
www.immunise.health.gov.au

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
Clinical
www.myvaccination.com.au

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

Patient
Clinical

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

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

Lifestyle / behavioural

U.S National Institute of Ageing:

Patient
Clinical

www.nia.nih.gov

Good data base of age related topics/ resources.

Navigating self-management:

Patient
Clinical

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.

Medico-legal

Law Society of NSW:

Patient
Clinical

www.lawsociety.com.au

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

ElderLaw

Patient
Clinical

www.elderlaw.com.au

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

Men's health

Men's Health Australia:

Patient
Clinical

www.menshealthaustralia.net

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

Mental health

Anxiety

Online: www.anxietyonline.org.au

Patient
Clinical

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

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

Black Dog Institute:

www.blackdoginstitute.org.au



Patient
Clinical

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

Beyond Blue - the National Depression initiative:

Patient
Clinical

www.beyondblue.org.au

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

GP Psych Support:

Patient
Clinical

www.psychsupport.com.au

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

Centre for Clinical Interventions:

Patient
Clinical

www.cci.health.wa.gov.au

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

Royal Australian and New Zealand College of Psychiatry:

Patient
Clinical

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

Excellent resource of guidelines.

Kids Helpline:

Patient
Clinical

www.kidshelp.com.au

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

Reach Out:

Patient
Clinical

www.reachout.com.au

Good support material on a wide range of issues.

Headspace:

Patient
Clinical

www.headspace.org.au

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

BluePages:

Patient
Clinical

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.

Schizophrenia Fellowship NSW:

Patient
Clinical

www.sfnsw.org.au

Good resource material particularly for consumers.

Gambling Help:

Patient
Clinical

www.gamblinghelp.nsw.gov.au

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
www.brainfoundation.org.au Clinical
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
<http://www.pennsw.com.au/> Clinical
Good resource guide for families of children with epilepsy.

Syncope Trust and Anoxic Reflex Seizures(STARS): Patient
www.stars.org.uk Clinical
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
www.dizziness-and-balance.com Clinical
Excellent resource for patients and GPs.

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

Nutrition

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

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

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

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

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

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

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


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
Clinical

www.eatforhealth.gov.au

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
Clinical

www.ranzcog.edu.au

Some useful resources and helpful links.

Australasian Menopause Society: Patient
Clinical

www.menopause.org.au

Excellent Fact Sheets, resources, video on menopausal treatments.

Jean Hailes Foundation: Patient
Clinical

www.jeanhailes.org.au

Comprehensive guide on a variety of female conditions for health professionals and patients.

ERC Endometriosis Research Center:  Patient
Clinical

www.endocenter.org

Good presentations and information on this topic.

Obgyn.net, The Universe of Woman's Health:  Patient
Clinical

www.obgyn.net/medical.asp

A vast resource of women's related issues. Excellent resource material.

The Royal Women's Hospital:  Patient
Clinical

www.thewomens.org.au

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
Clinical

www.childrenbychoice.org.au

Useful information on terminations.

The Pregnancy Advisory Centre (SA) Patient
Clinical

www.pregnancyadvisorycentre.com.au

Useful information on pregnancy options.

Marie Stopes International Patient
Clinical

www.abortionhelp.com.au

Useful information on pregnancy options.

Women and Children's Health Network Pregnancy Patient
Clinical

<http://www.cyh.com/SubDefault.aspx?p=432>

Excellent resource for pregnancy management.

Ophthalmology

Royal Australian and New Zealand College of Ophthalmologists: Patient
Clinical

www.ranzco.edu.au

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
Clinical

www.glaucoma.org.au

Good information on various aspects of glaucoma.

Eye Emergency Manual: Patient
Clinical

www.health.nsw.gov.au/resources/gmct/ophthalmology/eye_manual_pdf.asp

Excellent manual on common eye presentations and emergency presentations.

Macular Degeneration Foundation: Patient
Clinical

www.mdfoundation.com.au

Information on various aspects of the condition and available resources.

Vision Australia: Patient
Clinical

www.visionaustralia.org

Good resource on all aspects of low vision. Excellent

Medical Internet Sites

fact sheets.

Paediatrics

Clinical Practice Guidelines – Royal Children’s Hospital Melbourne: Patient
Clinical
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-Australian Parenting Website: Patient
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.

Medical Internet Sites

Radiology

Diagnostic Imaging Pathways:  Patient
Clinical
www.imagingpathways.health.wa.gov.au
Excellent advice on appropriate imaging for various conditions.

Insider Radiology:  Patient
Clinical
www.insideradiology.com.au
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:  Patient
Clinical
www.kidney.org.au
Excellent database of guidelines.

Prostate Cancer Foundation:  Patient
Clinical
www.prostate.org.au
Excellent up-to-date presentations on prostate cancer treatments / guidelines.

Urological Society of Australia and New Zealand:  Patient
Clinical
www.usanz.org.au
Excellent data base on variety of urological conditions, cancers, treatments and links to continence foundations.

The Continence Foundation of Australia:  Patient
Clinical
www.confound.org.au
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:  Patient
Clinical
www.urodynamic.com.au
Excellent resources on various aspects of incontinence.

Respiratory

National Asthma Council:  Patient
Clinical
www.nationalasthma.org.au
Concise and practical database on all facets of treatment and monitoring.

Australian Lung Foundation:  Patient
Clinical
www.lungfoundation.com.au
Good information on numerous lung conditions and clinical guidelines and tools.

Thoracic Society of Australia and New Zealand:  Patient
Clinical
www.thoracic.org.au
Good links to other organizations. Good Fact sheets and professional information on variety of conditions.

Australian Herpes Management Forum:  Patient
Clinical
www.ahmf.com.au
Comprehensive guide on this condition.

NSW STI Programs Unit:  Patient
Clinical
www.stipu.nsw.gov.au
Excellent and comprehensive resource material for all facets of sexual health.

Sexual Psychology:  Patient
Clinical
www.sexualpsychology.com.au
A private psychologist's resource base on a variety of common sexual problems.

Australasian Sleep Association:  Patient
Clinical
www.sleep.org.au
Good information sheets on various sleep disorders and links e.g. to Harvard Medical School interactive educational sleep website.

Rheumatology

Arthritis Foundation:  Patient
Clinical
www.arthritis.org/conditions/DiseaseCenter

Sjogren's Syndrome Foundation Inc:  Patient
Clinical
www.sjogrens.org

Australian Rheumatology Association:  Patient
Clinical
www.rheumatology.org.au

Medical Internet Sites

Arthritis Australia: Patient
www.arthritisaustralia.com.au Clinical

Sexual Health

Royal Australian College Physicians Chapter of Sexual Health Medicine: Patient
www.racp.edu.au/page/sexual-health-publications Clinical
Useful resource on treatment guidelines.

ASHM : Australian Society for HIV Medicine:  Patient
www.ashm.org.au Clinical
Up-to-date data/ links on treatment of HIV and hepatitis.

Australian Herpes Health Information: Patient
www.herpes.com.au Clinical
Patient orientated data on various aspects relating to herpes.

The Body Patient
www.thebody.com Clinical
Useful site for patients with HIV.

Melbourne Sexual Health Centre Patient
<http://www.mshc.org.au/Default.aspx?alias=www.mshc.org.au/gpassist> Clinical
An excellent site on the management of common STIs.

Royal Adelaide Hospital Sexually Transmitted Unit:  Patient
www.stdservices.on.net Clinical
Has excellent information for both patients and GPs.

Sports Medicine

Australian Sports Drug Medical Advisory Committee: Patient
www.asdmac.gov.au Clinical
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
www.cdc.gov/travel Clinical
Excellent data base of destination requirements and A-Z of diseases.

WHO travel health site: Patient
www.who.int/ith Clinical
Concise data base of travel requirements/ Fact Sheets/weekly outbreaks.

Sanofi Pasteur/SOS Travel Site: Patient
www.travellers-help.com Clinical
Concise up-to-date requirements country by country with information on disease outbreaks.

Travelvax Clinics: Patient
www.travelvax.com.au Clinical
Has some good travel information and vaccination advice.

MASTA (Medical Advisory Service for Travellers Abroad): Patient
www.masta.edu.au Clinical
Private organization-subscription based giving verycomprehensive health briefs.

The Vaccine Page vaccine news and Data base: Patient
www.vaccines.org Clinical
Useful information on vaccines and links.

Australian Department of Foreign Affairs and Trade: Patient
www.smarttraveller.gov.au Clinical
Concentrates on travel safety information on a country by country basis.

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

Vascular

Society for Vascular Surgery: Patient
www.vascularweb.org Clinical

Medical Internet Sites

Excellent update, fact sheets and guidelines.

NHS Abdominal Aortic Aneurysm Screening Program: Patient
Clinical
www.screening.nhs.uk

Specialist Vascular Clinic: Patient
Specialistvascularclinic.com.au Clinical
Although a private vascular clinic, it gives good up-to-date advice on common vascular interventions.

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 NSW: Patient
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 Patient

Medical Internet Sites

disability services: 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.

Community Care Northern Beaches: Patient
Clinical
www.ccnb.com.au
Excellent overview of available services and links to other aged care and disability sites.

MWP Community Transport: Patient
Clinical
www.mwpct.org.au
Useful resource - available transport facilities/options.

[Northern Beaches & Forest Seniors & Care Guide](#) Patient
Clinical
This is a superb guide on all the services in the Manly Warringah region, from legal through to health and leisure.

Northern Sydney Career Support Service: Patient
Clinical
www.nscchealth.nsw.gov.au/careersupport/aboutus/
Excellent resource for patients, professionals and carers.

Manly Drug Education & Counselling Centre Support Service: Patient
Clinical
www.mdecc.org.au
Some good resources for patients and families of patients experiencing drug addiction.

[Sydney Metro North Seniors and Care Guide 2015](#) Patient
Clinical

Organisations

Australian Practice Nurses Association Patient
Clinical
www.apna.asn.au
Useful resources for practice nurses on a wide variety of topics. Nurse needs to be registered with this association.

Royal Australian College of General Practitioners:  Patient
Clinical
www.racgp.org.au
Excellent site with copy of important Guidelines- Red Book, Standards for General Practice/ General College information and services.

Medical Board of Australia: Patient
Clinical
www.medicalboard.gov.au

Australian Primary Care Collaboratives: Patient
Clinical
www.apcc.org.au

Primary Health Care Research and Information Service PHC RIS:  Patient
Clinical
www.phcris.org.au
Good resources/data on state of Primary Care throughout Australia.

Public Health Information Development Unit(PHIDU): Patient
Clinical
www.publichealth.gov.au
Very useful public health data area by area. Covers a wide range of health indicators.

NEHTA: Patient
Clinical
www.nehta.gov.au
Important information on a variety of e-Health initiatives.

Australian College of Rural and Remote Medicine: Patient
Clinical
www.ehealth.acrrm.org.au
Has useful information including Telehealth technology.

Medical Internet Sites

Medical journals

Australian Doctor: Patient
www.australiandoctor.com.au Clinical
Good archive section on How to Treat and Common Sense Pathology. Latest news.

Medical Observer: Patient
www.medicalobserver.com.au Clinical
Good data base of guidelines and patient handouts.

Australian Prescriber: Patient
www.australianprescriber.com  Clinical
Excellent subject index, support organisations.

Pulse+IT Magazine: Patient
www.pulseitmagazine.com.au Clinical
Useful information on various aspects of technology in health industry; back-issues available.

Good Health Publications: Patient
www.ghpmedical.com.au Clinical
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)

Australian Family Physician: Patient
www.racgp.org.au/afp  Clinical
A useful database for this journal articles and back issues.

6minutes: Patient
www.6minutes.com.au Clinical
Fantastic site for daily updates on current medical issues.

Common Sense Pathology: Patient
www.rcpa.edu.au/Publications/CommonSensePathology.htm Clinical
Excellent database of common pathology issues facing health professionals.

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

Canning Extraction Tool Patient
Clinical
<http://www.canningdivision.com.au/dataextraction.html>
Excellent resource for data extraction.

Directories

Medical Specialists Directory: Patient
www.aushealthpages.com.au Clinical
Useful online specialist directory covering all states.

e-Health Directory: Patient
www.health-e-directory.com.au Clinical
An excellent directory of organisations involved in e-Health and services.

Technology

General Practice Computing Group: Patient
Clinical
www.gpcg.org.au