

Helping Older Adults Search for Health Information Online

A Toolkit for Trainers

from the National Institute on Aging



WELCOME TO MODULE 7: MedlinePlus Drugs and Supplements, Medical Encyclopedia



In this module, you will find

- An introduction
- A lesson plan for the trainer
- Handouts for students



To teach the module, you will need

- A PC with Internet access for each student and the trainer
- A computer projector and a screen
- A 3-ring binder to store materials



To get started, you should

- Read the Introduction
- Read and print out the lesson plan and insert it in a binder
- Print out and make copies of the handouts for students

Questions or comments about the Toolkit? Contact the National Institute on Aging at (301) 496-1752 or e-mail daileys@nia.nih.gov

**MedlinePlus Drugs and Supplements,
Medical Encyclopedia
INTRODUCTION**



MODULE 7: MedlinePlus Drugs and Supplements, Medical Encyclopedia

LESSON OVERVIEW



Lesson Goals

In this lesson, students will:

1. Recall the main features of the **MedlinePlus Home Page**.
2. Learn how to find information on drugs on the **Drugs and Supplements Page**.
3. Learn how to find information on supplements on the **Drugs and Supplements Page**.
4. Learn how to use the **Medical Encyclopedia**.
5. Find answers to health questions of personal interest.



Lesson Materials

In this lesson, students will need:

- **Handout 7A:** *Lesson Goals*
- **Handout 7B:** *Glossary**
- **Handout 7C:** *Thinking about Medical Issues*
- **Handout 7D:** *Find Information on Drugs and Supplements*
- **Handout 7E:** *Search for Your Own Medication or Supplement*
- **Handout 7F:** *Lesson Review with Screen Shots*
- **Pens or pencils**

***This glossary only includes Internet terms relevant to this lesson. An alphabetical list of all glossary terms introduced in the nine Toolkit lessons is available online at www.nihseniorhealth.gov/toolkit.**



Lesson Length

This lesson should last:

Approximately 2 hours, with an optional stopping point at 60 minutes.



MODULE 7: MedlinePlus Drugs and Supplements, Medical Encyclopedia

LESSON PREPARATION

✓ Before the lesson, you should:

- Read over the entire lesson plan.** Also look at the *Lesson Review with Screen Shots* handout to get a quick overview of what students will learn.
- Store the lesson plan** in a 3-ring binder to use while teaching.
- Make copies** of the handouts for students. To avoid distraction, we recommend that you wait to distribute handouts until indicated in the lesson.
- Check out the links** that you and your students will be visiting in the lesson.

✓ When you arrive in the classroom, you should:

- Write your name** and the title and level of the lesson on the board.
[Searching for Health Information Online – Lesson 7: MedlinePlus Drugs & Supplements, Medical Encyclopedia – Intermediate Students]
- Make sure** your computer projector and students' computers are working and that there is Internet access.
- Set students' screens** to the **MedlinePlus** home page at www.medlineplus.gov.

✓ You should also

- Read** *Quick Tips for a Senior Friendly Computer Classroom* at www.nihseniorhealth.gov/toolkit.
- Watch the short video** *Introducing the Toolkit* at www.nihseniorhealth.gov/toolkit.

MODULE 7: MedlinePlus Drugs and Supplements, Medical Encyclopedia



LESSON STRUCTURE – Senior Friendly, Trainer Friendly



The senior-friendly lesson structure includes:

- **Set-up activities** to prepare students for learning.
- **Core activities** to teach the website features and how to navigate to them.
- **Practice activities** to let students apply web skills they have learned.
- **Reinforcement activities** to summarize and reiterate the learning.



The trainer-friendly lesson plan features:

- **An easy-to-read layout.**
- **Short, well-defined segments of teaching material per page.**
- **Clearly marked, scripted transition boxes at the top of each page** announcing the next learning point and ensuring a smooth transition between segments.
- **Suggested teaching times for each skill.**
- **Time checks and optional stopping points**, offering flexibility in total class length.
- **Helpful sidebars**, providing teaching and navigation tips and describing the purpose for activities.
- **Meaningful icons.**

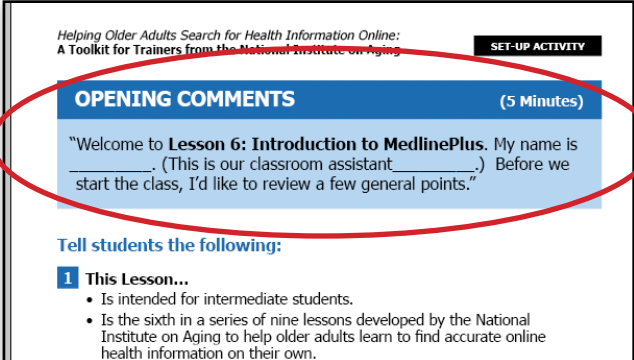


MODULE 7: MedlinePlus Drugs and Supplements, Medical Encyclopedia

LESSON STRUCTURE – Senior Friendly, Trainer Friendly

About the Scripted Transition Boxes

This lesson plan uses a combination of scripted and descriptive sections. The colored, scripted transition boxes which appear at the top of each page of the lesson plan are designed as “anchor points,” marking the end of one part of the lesson and the start of another. It is important to convey the content in these transition boxes, although you may use your own wording as you become more familiar with the material. The steps that follow each scripted box are descriptive. Move through them according to your personal training style.



This approach is useful in maintaining lesson focus and keeping trainers and students on track. It also makes the lesson plan easy to use.

Important Note

In the discussions of health issues that may occur during class, refrain from offering medical advice or advocating specific treatments, physicians, hospitals, insurance plans, etc. Also, discourage this type of activity among students. Always emphasize that students should consult their health care providers about any medical information they may hear about in class or find on the Internet.

Icons Used in the Lesson Plan



Handout required



Trainer demonstrates with computer projector



Students navigate at their computers (with assistance if needed)



Indicates when a discussion should take place

MODULE 7: MedlinePlus Drugs and Supplements, Medical Encyclopedia



REACHING THE OLDER STUDENT



To help your students grasp, apply, and retain the skills and information they are taught, be sure to:

- **Proceed slowly through the lesson.** Some older adults will take longer than younger people to get the knack of using the Internet. If you move too quickly, they may not be able to keep up. They need time to practice and to absorb new information.
- **Circulate to make sure students are following you.** Check students' screens frequently to make sure they are not lost. If possible, arrange to have one or more classroom assistants work with students individually during the lesson.
- **Speak slowly and repeat information as often as necessary.** Don't make assumptions based on students' age. They are learning new skills, and they will probably need to hear the information more than once to retain it.
- **Encourage questions.** Pause frequently to ask if there are questions. After soliciting questions, allow at least 10 seconds for students to formulate them.
- **Create a senior-friendly environment.** It is important to read *Quick Tips for a Senior Friendly Computer Classroom* for help on setting up the classroom to accommodate the needs of older adults.



These training techniques from the lesson can also help you be successful:

- **The use of scripted transition boxes** to announce each new segment helps the class stay focused and on track.
- **Presenting material in small, well-defined steps** makes it easier for students to grasp new skills and information.
- **Frequent summarizing and hands-on practice** helps students retain what they've learned.
- **Handouts and printed screen shots** help students understand and recall what is taught.
- **Group discussions and short dialogues** help put students at ease.

**MedlinePlus Drugs and Supplements,
Medical Encyclopedia
LESSON PLAN**

OPENING COMMENTS

(5 Minutes)

“Welcome to **Lesson 7: MedlinePlus Drugs and Supplements, Medical Encyclopedia**. My name is _____. (This is our classroom assistant_____.) Before we start the class, I’d like to review a few general points.”

Tell students the following:

1 This Lesson...

- Is intended for intermediate students.
- Is the seventh in a series of nine lessons developed by the National Institute on Aging to help older adults learn to find accurate online health information on their own.

2 The Medline Plus website they will visit...

- Is sponsored by the National Library of Medicine, which is part of the National Institutes of Health, or NIH.
- NIH is part of the U.S. Government’s Department of Health and Human Services.

3 Please be aware that...

- Online health information is in **no way meant to substitute for medical advice from a doctor**.
- In class discussions, students should **not** attempt to provide medical advice to classmates, however well-intentioned it may be.

4 Housekeeping Issues...

- Class will last about ___minutes with stretch break(s) lasting ___minutes.
- Bathroom breaks can be taken anytime. Restrooms are located_____.

5 Ask students if they have any questions.

INTRODUCTIONS

(3 Minutes)

“Before we get started, let’s introduce ourselves.”

- 1** Introduce yourself, giving your name and your experience teaching computers and the Internet. If you have a classroom assistant or peer coach, introduce that person.
- 2** Ask students to give their names and tell whether they are at a beginning, intermediate, or advanced level with regard to their Internet experience.
- 3** If time permits, ask each student to tell something about his or her background (family, work, travels, education...), why they decided to take this class, and what they hope to learn.

Purpose of Activity

- Introductions help students feel more at ease.
- Sharing computer or Internet experience may help the class be patient with less experienced students who need more time with an activity.

CLASS PROCEDURES

(3 Minutes)

“Let’s talk for a moment about how the class will proceed. You will be learning new ways to use technology, and in order for everyone to be successful, here are some things we need to do.”

Tell students the following:

1 To make sure everyone grasps the information and learns the skills...

- We will proceed in a step-by-step manner and at a slow-to-moderate pace.
- I (or my assistant) will circulate frequently during class to make sure everyone is keeping up with the lesson.
- There will be plenty of hands-on practice activities to let you apply the skills that you learn.
- There will be plenty of handouts to help you learn the skills while in class and to use as a reference once you leave class.

2 As students, you should...

- Feel free to raise your hand and ask a question if you do not understand something.
- Feel free to ask me to repeat anything I’ve said.
- Not worry about hurting the equipment because it is very sturdy.
- Not worry about making mistakes because that is to be expected when learning a new technology.
- Have a binder or folder to store the handouts you will receive.

3 Ask students if they have any questions about class procedures.

Purpose of Activity

To communicate expectations, put students at ease, and facilitate learning.

TAKE-HOME ASSIGNMENT (5 Minutes)

“Let’s go over the homework assignment from the last lesson.”

- 1** Restate the take-home assignment from Module 6.
 - Finding out about back pain
- 2** Ask students to share the results of their take-home assignments with the class.
- 3** Ask students to share any questions about navigating the **MedlinePlus** website or finding the information they were searching for. Respond to their questions.



Note

- This activity assumes use of the previous module. If you did not teach that module, you can skip this activity.

Purpose of Activity

- Let’s you see how well students understood the previous lesson.
- Serves as a kind of icebreaker, promoting interactivity and discussion early in the class.
- Let’s you see what you might need to emphasize in the first parts of this lesson.

LESSON GOALS (2 Minutes)

“This lesson will introduce you to the **Drugs and Supplements** section and the **Medical Encyclopedia** of **MedlinePlus**, a website that is a source of health information for the general public. The website was developed by the National Library of Medicine, part of the U.S. Department of Health and Human Services.”



Pass out **Handout 7A: Lesson Goals**.

- 1** Go over the handout with students.

Purpose of Activity

- Focuses students on what they will learn.
- Introduces goals that you can return to throughout the lesson.

INTERNET TERMS (5 Minutes)

“Before we actually get into the heart of the lesson, let’s review a few basic Internet terms.”



Pass out Handout 7B: Glossary

1 Knowing the meaning of these Internet terms will help students understand the lesson. All of these terms have been introduced in previous lessons, but going over them again may help students recall their meaning.



2 You may want to demonstrate the terms for students from your computer projector.

INTERNET TERMS

- 1 back arrow**
- 2 button**
- 3 link (or hyperlink)**
- 4 menu**
- 5 scroll**
- 6 scroll bar**
- 7 window**

Tips for Glossary Review

- Refer students to the page and item number of the term.
- Make sure students locate the term.
- Read, or have a student read, the definition aloud. Point out details in the illustration or on your computer screen.
- Tell students they will understand these terms better as they use them in the lesson.

THINKING ABOUT MEDICAL ISSUES (5 Minutes)

“Before we look more deeply at the website, I’d like to have you jot down some information.”



Pass out **Handout 7C: Thinking about Medical Issues.**

- 1** Ask students to complete the handout.

Purpose of Activity Purpose of Activity

- Engages students by focusing them on a health issue of personal interest.
- Prepares students for the *Independent Practice Activity*.

REVIEW OF THE HOME PAGE

(3 Minutes)

“We are going to start with **Goal 1** – a review of the main features of the **Home Page** for **MedlinePlus**.

Take a look at your computer screens. You should see the **Home Page** of the **MedlinePlus** website. This website contains links to over 700 health topics.”

- 1 Make sure students’ screens are set to **MedlinePlus** at www.medlineplus.gov.



- 2 On the **Home Page**, point out:
 - The 7 broad categories – Mention each one by name (*Health Topics, Dictionary, etc.*)
 - The **Search Box**
 - the link to **NIHSeniorHealth**

TIME CHECK

30 minutes elapsed; about 1 hour, 30 minutes left.

THE DRUGS AND SUPPLEMENTS PAGE

(5 Minutes)

“Now we’ll move to **Goal 2** – learning how to find information on a drug.

If you want to find out about a drug, start with the **Drugs and Supplements** button on the left menu.”



- 1** Click on [Drugs and Supplements](#). Tell students they can find information on a drug using the alphabet nearest the top of the page. Point out the sources for the drug information in the caption right below the alphabet.
- 2** Demonstrate for students how to find information on **Aspirin**:
 - Click on [A](#) in the **first** alphabet (Drug Information).
 - Scroll down to [Aspirin](#) and click on it.
- 3** Scroll down, pointing out the features of the **Aspirin** page:
 - A Table of Contents with hyperlinked titles
 - Sub-headings for various categories of data

Navigation Tip

- Point out to students that the broad categories on the Home Page now appear as buttons at the top of the page (Home, Health topics, etc.)

THE ASPIRIN PAGE (10 Minutes)

“Now let’s have you try this along with me.”



- 1** Students’ computer screens should be set to the **MedlinePlus Home Page** at www.medlineplus.gov.
- 2** Repeat the demonstration leading to the **Aspirin** page, this time asking students to navigate along with you at their computers.
- 3** Once you get to the **Aspirin** page, pause and give students time to read some of the information they see.

Teaching Tip

- Proceed **slowly** through each step.
- Walk around to students’ computer screens and provide assistance where needed.

SUMMARIZING

(5 Minutes)

“Now let’s take a look at the **Goals** to see what we’ve covered so far.”



- 1** Demonstrate and summarize the following learning objectives from **Goals 1** and **2**:
 - Using the **Home Page**
 - Finding information about a drug on the **Drugs and Supplements** page
 - Scrolling down and scanning a drug page

- 2** Ask students if they have any questions.



Refer students to [Handout 7A: Lesson Goals](#)

- 3** Tell students to check off **Goals 1** and **2** on their handout.

Purpose of Activity

- Lets students know what they should have grasped by this point in the lesson.
- Gives students another chance to ask questions about material already covered.
- Lets you see what goals might need further explanation.
- Gives students a sense of accomplishment.
- Keeps the class on track.

THE DRUGS AND SUPPLEMENTS PAGE (contd.)

(5 Minutes)

“Now we will move to **Goal 3** – learning how to find information on a supplement.

If you want to find out about a supplement, start with the **Drugs and Supplements** button on the left menu.”



- 1** Show students how to find information on Ginseng. Starting from the **Home Page**, click on [Drugs and Supplements](#):
 - Click on [G](#) in the **second** alphabet (Herbs and Supplements).
 - Click on [Ginseng](#).
- 2** Scroll down to the bottom, pointing out the features of the **Ginseng** Page.
 - A Table of Contents with hyperlinked titles
 - Sub-headings for various categories of information.
 - The studies under Evidence, and their grade rankings (*explained after the last study*).

Navigation Tip

- Point out to students that the broad categories on the Home Page now appear as buttons at the top of the page (Home, Health topics, etc.)

THE GINSENG PAGE (10 Minutes)

“Now let’s have you try this.”



- 1** Repeat the demonstration leading to the **Ginseng** page. This time, ask students to navigate along with you at their computers. (*Students will be starting from the **Aspirin** page.*)

- 2** Once you get to the **Ginseng** page, pause and give students time to read some of the information they see.

Teaching Tip

- Proceed **slowly** through each step. Make sure students are keeping up.
- Walk around to students’ computer screens and provide assistance where needed.

SUMMARIZING

(5 Minutes)

“Now, let’s take a look at the **Goals** to see what we’ve covered”



- 1** Demonstrate and summarize the learning objectives for **Goal 3**:
 - Finding information about a supplement on the **Drugs and Supplements** page
 - Scrolling down and scanning a supplements page

- 2** Ask students if they have any questions.



Refer to Handout 7A: Lesson Goals.

- 3** Ask students to check off **Goal 3** on their handout.

Purpose of Activity

- Lets students know what they should have grasped by this point in the lesson.
- Gives students another chance to ask questions about material already covered.
- Lets you see what goals might need further explanation.
- Gives students a sense of accomplishment.
- Keeps the class on track.

OPTIONAL STOPPING POINT

1 hour elapsed; about 1 hour left.

(If you choose to stop here, you can assign the next activity as homework. Be sure to go over steps in the activity with students. You may teach the remaining material in the next class.)

TWO GROUP PRACTICE ACTIVITIES

(10 Minutes)

“Let’s practice finding information on drugs and supplements together.”

- 1 Ask students to return to the **Home Page** by having them click on [Home](#) at the top of their screens.



Refer to **Handout 7D: Find Information on Drugs and Supplements**.



- 2 Read the steps in the Captopril exercise on the first page of **Handout 7D** to the class to familiarize them with the activity. Then, demonstrate the exercise as students navigate with you.

- 3 Pause at questions requiring a written answer to give students enough time to fill in the blanks.



- 4 Review the answers with the class.
- 5 If time permits, repeat with the vitamin B-12 exercise on the second page of **Handout 7D**.

Purpose of Priming Activity

- Familiarizing students with the steps in the *Group Practice Activities* beforehand primes, or prepares them for the activity and increases the likelihood they will be successful.

Teaching Tips

- Proceed **slowly** through each step. Make sure students are keeping up.
- Walk around to students’ computer screens and provide assistance where needed.

INDEPENDENT PRACTICE ACTIVITY

(10 Minutes)

“Now you’ll have an opportunity to practice finding information on drugs and supplements of interest to you.”



Pass out **Handout 7E: Search For Your Own Medication or Supplement.**



1 Read each of the steps on **Handout 7E** to the class to familiarize them with the activity. Then, ask students to complete the exercise on their own.



2 Ask them what was easy and what may have been more difficult about the exercise.

3 Clear up any questions students may have.

Purpose of Priming Activity

- Familiarizing students with the steps in the activity beforehand primes, or prepares them, for the activity and increases the likelihood they will be successful at it.

Teaching Tips

- Proceed **slowly** through each step. Make sure students are keeping up.
- Walk around to students’ computer screens and provide assistance where needed.

THE MEDICAL ENCYCLOPEDIA

(5 Minutes)

“Now we’ll move to **Goal 4** – learning how to use the **Medical Encyclopedia**.

The **Medical Encyclopedia** on **MedlinePlus** has information about diseases, tests, symptoms, injuries, and surgeries.”



- 1** Students’ screens should be on the **Home Page**.
- 2** Demonstrate as students navigate with you. Click on [Medical Encyclopedia](#) on the left menu and look up information about a medical test – a colonoscopy.
- 3** Using the alphabet, locate and click on [Ch-Co](#). Scroll down to [Colonoscopy](#) and click on it.
- 4** As you scroll down the **Colonoscopy** page, describe its various features, pointing out:
 - The Table of Contents with hyperlinked titles
 - Illustrations (enlarged by clicking on them)
 - The sub-headings and categories of information

TIME CHECK

1 hour, 25 minutes elapsed; 35 minutes left.

INDEPENDENT PRACTICE ACTIVITY

(10 Minutes)

“Now, you’ll have an opportunity to practice finding information on your own using the **Medical Encyclopedia**.”



Refer to **Handout 7C: Thinking about Medical Issues**.



1 Refer students to questions 3 and 4 on **Handout 7C**, and ask them to use the **Medical Encyclopedia** to find an answer to their question. Ask them to write down the answer at the bottom of **Handout 7C**.



2 Ask them what was easy and what may have been more difficult about the exercise.

3 Clear up any questions students may have.

Purpose of Activity

- Lets students apply new skills to their own health interests.
- Step (2) helps students realize what new skills are already easy for them, reinforcing their confidence and sense of accomplishment.
- Step (2) also lets instructor know what needs more work.

Teaching Tip

- Since students will not have a handout to guide them in this activity, you may want to give them extra time to complete it.

SUMMARIZING

(5 Minutes)

“Let’s review the **Goals** again to see what we have covered.”



1 Demonstrate and summarize and the following learning objective of **Goal 4**:

- Using the **Medical Encyclopedia**

2 Ask students if they have any questions.



Refer to Handout 7A: Lesson Goals.

3 Tell students to check off **Goal 4** on their handout.



Purpose of Activity

- Lets students know what they should have grasped by this point in the lesson.
- Gives students another chance to ask questions about material already covered.
- Lets you see what goals might need further explanation.
- Gives students a sense of accomplishment.
- Keeps the class on track.

CHECKING FOR UNDERSTANDING

(5 Minutes)

“Let’s do a final exercise that brings together the skills we have learned today.”

-  **1** Choose a drug (i.e., acetaminophen) and ask students to lead **you** through an information search about the drug from your computer projector.
-  **2** Starting at the **Home Page**, ask students the following questions. As they provide each answer, demonstrate for them by clicking on the appropriate link at your computer projector.
 - A. “Where do I click to find information on drugs?”
(Answer: Click on [Drugs and Supplements](#).)
 - B. “Where should I click to find information about a drug like acetaminophen?”
(Answer: Click on [A-Am](#) in the first alphabet.)
 - C. “How do I get to the information on acetaminophen?”
(Answer: Scroll down the list, and click on [acetaminophen](#).)
 - D. “How do I get back to the Drugs and Supplements page?”
(Answer: Click on [Drugs and Supplements](#) at the top of the page).
- 3** If time permits, repeat the exercise using a supplement such as St. John’s Wort or Vitamin C. You may also do the exercise with the **Medical Encyclopedia** using a medical test (i.e., MRI) or a surgical procedure (i.e., coronary bypass surgery.)
- 4** Address any final questions students may have.

Purpose of Activity

- Lets students apply the skills they have learned.
- Questions that students fail to respond to easily during the Q&A will reveal areas that still need reinforcing.

WRAPPING UP

(5 Minutes)

“Today you’ve learned some basics of navigating the **MedlinePlus** website. You’ve

- 1 Recalled the main features of the **MedlinePlus Home Page**
- 2 Learned to find information on drugs
- 3 Learned to find information on supplements
- 4 Learned to use the **Medical Encyclopedia** to find information on various diseases, tests, symptoms, injuries, and surgeries.

You’ve also succeeded in doing online research on health issues of interest to you.

Here is a handout to help you recall what you learned.”



Pass out **Handout 7F: Lesson Review with Screen Shots.**

- 1 Read the cover description, **How to Use This Handout**, to students.
- 2 Go over each screen shot, reading the captions to remind students of the navigation steps they learned on each page. (You do **not** need to refer back to the computer screen at this point.)
- 3 Encourage students to use this handout as a reference when practicing the skills they learned in this lesson.

Purpose of Activity

- Summarizes all of the skills taught in the lesson.
- Handout gives students a visual map of the lesson to remind them of the web pages visited and the skills learned.

WRAPPING UP (contd.)

(5 Minutes)

“The **MedlinePlus** website has the latest medical news, ways to find doctors, and many more features which we will explore in the next lesson.

Remember, always check with your doctor or health care provider about health information you find on the Internet.

Here is your take-home assignment, which will give you more practice with the skills you’ve learned today. ”



- 1** As a take-home assignment, ask students to do some research on a drug, supplement, or a medical test of their choice. They should be prepared to share that information at the next class.
- 2** Ask students how they would get to **MedlinePlus**.
Answer: Go to www.medlineplus.gov
- 3** Remind them that the address of the website can be found at the bottom of their handouts.

Teaching Tip

- You may wish to write the take-home assignment and URL for **MedlinePlus** on the board.

END OF LESSON 7

**MedlinePlus Drugs and Supplements,
Medical Encyclopedia
HANDOUTS**

HANDOUT 7A: Lesson Goals

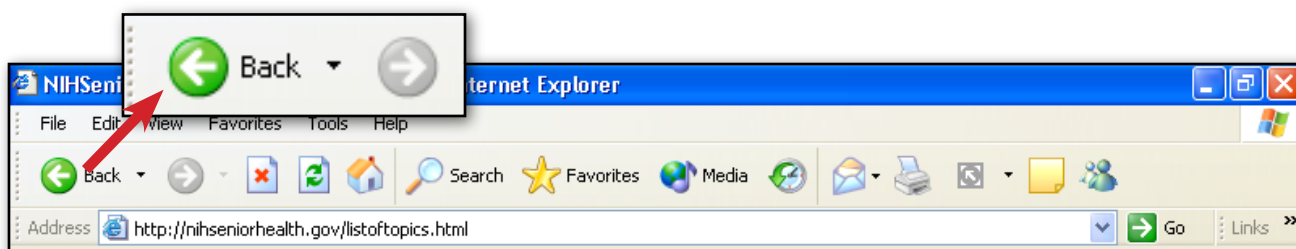
During this lesson, you will:

- _____ **1** Recall the main features of the **MedlinePlus Home Page**.
- _____ **2** Learn how to find information about drugs from the **Drugs and Supplements** page.
- _____ **3** Learn how to find information about supplements (i.e., vitamins, herbs) from the **Drugs and Supplements** page.
- _____ **4** Learn how to use the **Medical Encyclopedia**.
- _____ **5** Find answers to health questions of personal interest.

HANDOUT 7B: Glossary

1 Back Arrow

This arrow, often green, is found at the top of most browsers. When you click on the back arrow, it takes you back – in order – through all of the web pages you’ve seen. (Sometimes called the back button.)



2 Button

Small box that looks like it’s being depressed when you select it. Buttons can turn on (and turn off) many types of functions on the Internet.

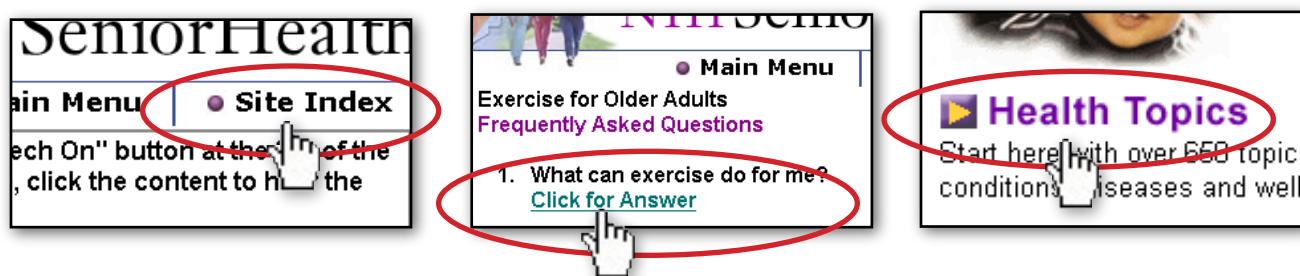


HANDOUT 7B: Glossary

3 Link (or hyperlink)

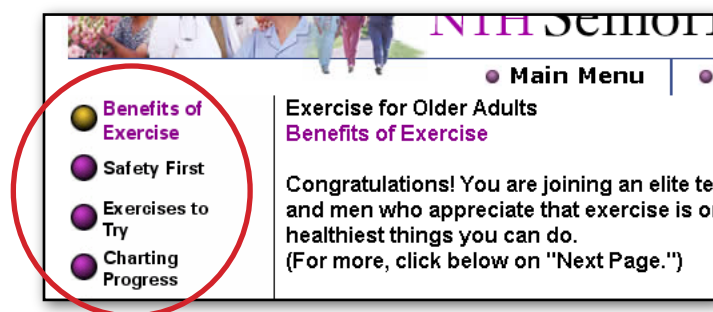
A highlighted or underlined feature on a web page that, when clicked, will take you to another web page. A link most often appears as underlined words or an image.

One sure way to tell if something is a link or not: Whenever your cursor turns into a pointing hand, the image or word you are pointing to is a link.



4 Menu

A list of options, or topics, on a website that users can choose from.



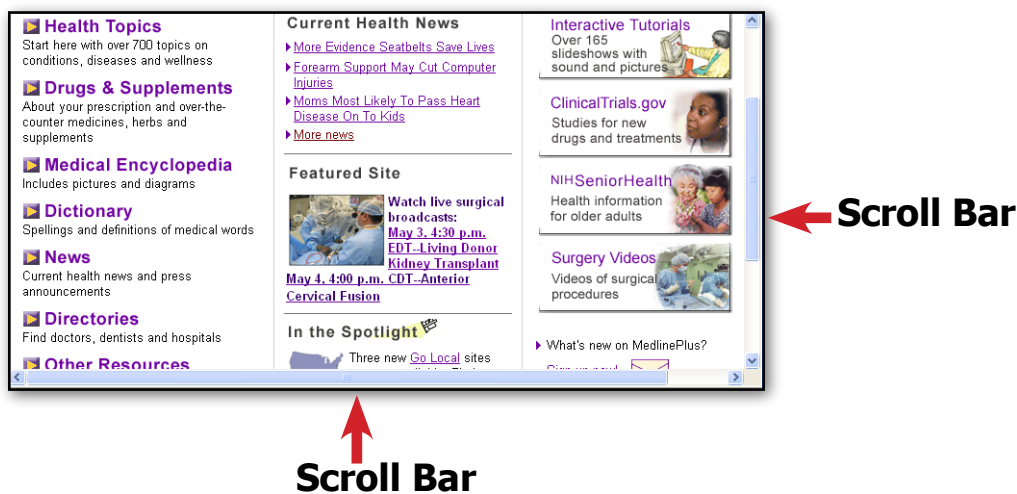
HANDOUT 7B: Glossary

5 Scroll

To move text or other information on a computer screen up, down, or sideways, with new information appearing as the old disappears.

6 Scroll Bar

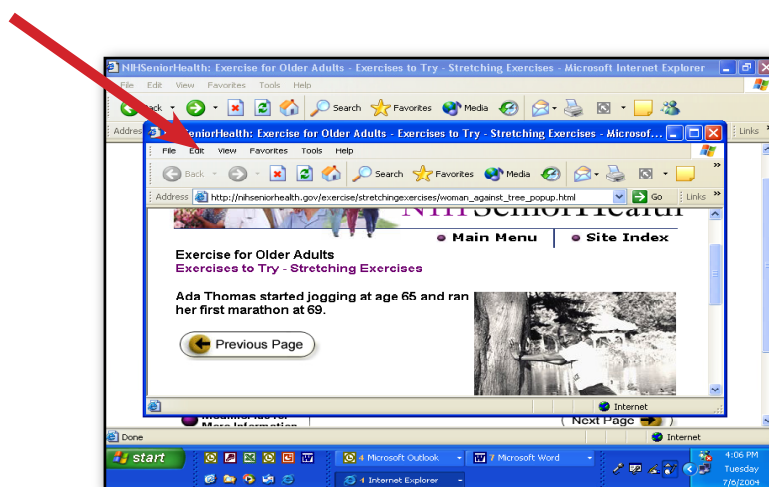
A narrow, rectangular bar on the right edge and bottom edge of a web page that lets you move the page to see more of the information it contains. The scroll bar on the right moves the web page up and down, and the scroll bar on the bottom moves the web page right and left.



HANDOUT 7B: Glossary

7 Window

A framed area of a computer screen that appears in front of the web page. Sometimes the appearance of a window means that you have entered another website. At other times, it means you may still be on the same website.



HANDOUT 7C: Thinking About Medical Issues

1 Many people are interested in knowing more about drugs and supplements (i.e., vitamins, herbs) on the market today. Name one drug and one supplement (or herb) you would like more information about.

Drug: _____

Supplement: _____

2 What specifically would you like to know about:

The drug? _____

The supplement? _____

3 Name a disease/condition, a medical test, OR a type of surgery that you would like to have more information about. (Choose only one of the blanks to fill in.)

Disease/condition: _____

OR

Medical Test: _____

OR

Type of Surgery: _____

4 What would you like to know about this subject?

5 Answer: _____

(Leave blank until later in the lesson.)

HANDOUT 7D: Find Information on Drugs and Supplements

Drugs – Captopril

1 On the **Home Page**, click on [Drugs and Supplements](#).

2 From the first alphabet, click on the letter [C](#).

3 Find the drug Captopril.

4 Click on [Captopril](#).

5 You should now be on the Captopril page.

6 Read down the page and answer these questions:

a. What is Captopril prescribed for?

b. What are the special dietary instructions for someone who takes Captopril?

c. What is one possible side effect?

7 Scroll up to the top of the page.

8 Click on the **Drugs and Supplements** button.

9 You should now be back on the **Drugs and Supplements** page.

HANDOUT 7D: Find Information on Drugs and Supplements

Supplements – Vitamin B-12

- 1** You should be on the **Drugs and Supplements** page.
- 2** Scroll down to the second alphabet, entitled Herbs and Supplements.
- 3** Click on [V](#).
- 4** Click on [Vitamin B12](#).
- 5** Click on [Background](#).
- 6** The Background section begins with information about foods that are good sources of Vitamin B12. List one of those foods:

- 7** Scroll down to the section on Evidence.
- 8** Find and read the section entitled "Vitamin B12 Deficiency." It describes symptoms that occur when people don't get enough Vitamin B-12.
- 9** Name one symptom of vitamin B-12 deficiency

- 10** How strong is the scientific evidence for this information? (Circle one)
 - A** = Strong scientific evidence for this use
 - B** = Good scientific evidence for this use
 - C** = Unclear scientific evidence for this use
 - D** = Fair scientific evidence against this use
 - F** = Strong scientific evidence against this use

HANDOUT 7E: Search for Your Own Medication or Supplement

- 1 Look at **Handout 7C** to recall the drug or the supplement you wrote down in step #2 and the question(s) you wanted answered.
- 2 On the **Home Page** click on [Drugs and Supplements](#).
- 3 Using the appropriate alphabet, find the first letter of the drug or supplement and click on it.
- 4 Scroll down until you find the drug or supplement and click on it.
- 5 You should now be on the page for the drug or supplement.
- 6 Scroll down and scan or read the page until you find the answers to your questions.
- 7 Write the answers in the space below.

- 8 When you are finished, scroll back up to the top of the page.
- 9 Click on the **Home** button to return to the **Home Page**.

Searching for Health Information Online: An Internet Course for Older Adults
from the **National Institute on Aging**

MedlinePlus Drugs and Supplements, Medical Encyclopedia

LESSON REVIEW WITH SCREEN SHOTS

Handout 7F

How to Use this Handout

- Use this handout to help you review the lesson.
- The screen shots (pictures of web pages) will help you recall the places you visited in class, and the descriptions will remind you of the navigation skills you learned.
- You may wish to refer to this handout when searching the website you visited in class.
- If you have questions about how to navigate any of these pages, write your questions in the spaces provided and bring them to the next class.

LESSON REVIEW MedlinePlus Drugs and Supplements, Medical Encyclopedia

1 You went to the **MedlinePlus** website at www.medlineplus.gov.

You learned about some of the features on the **MedlinePlus Home Page**, including the (1) 7 broad categories; (2) Search Box; (3) Link to the NIHSeniorHealth website

2 You learned that you could find information about **Drugs, supplements and herbs by clicking on Drugs and Supplements.**

Screen Shot 1: Home Page

The screenshot shows the MedlinePlus home page. A red circle highlights the 'Drugs & Supplements' category, which includes the text 'About your prescription and over-the-counter medicines, herbs and supplements'. Another red circle highlights the 'Medical Encyclopedia' category, which includes the text 'Includes pictures and diagrams'. The page also features a search bar, a navigation menu, and several news and featured site sections.

Screen Shot 2: Link to Drugs and Supplements

This screenshot is identical to the previous one, but with a red arrow pointing from the 'Drugs & Supplements' category in the left sidebar to the 'Drugs & Supplements' category in the main content area. The main content area also features a 'New brochure on kidney disease risk factors' and 'In the Spotlight' section.

Your Question(s)

Module 7 – Screen Shots: *MedlinePlus Drugs and Supplements, Medical Encyclopedia*
Go to www.medlineplus.gov

This course for older adults was developed by the National Institute on Aging.

LESSON REVIEW MedlinePlus Drugs and Supplements, Medical Encyclopedia

- 3** You learned that clicking on **Drugs and Supplements** would take you to this page where you could choose to search for information on a drug or supplement. Use the top alphabet to search for a drug and the bottom alphabet to search for a supplement. Click on the first letter of the drug or supplement.

Screen Shot 3: **Drugs and Supplements Page**

The screenshot shows the MedlinePlus website interface. At the top, there is a navigation bar with the MedlinePlus logo and the text 'Trusted Health Information for You'. Below this, there are several menu items: 'Home', 'Health Topics', 'Drugs & Supplements', 'Encyclopedia', 'Dictionary', 'News', 'Directories', 'Other Resources', 'About MedlinePlus', 'Site Map', 'FAQs', 'Contact Us', and 'español'. The main content area is titled 'Drugs, Supplements, and Herbal Information'. Under this title, there are two sections: 'Drug Information: Browse by first letter of generic or brand name drug' and 'Herbs and Supplements: Browse by first letter of herb or supplement'. Each section has a corresponding alphabet of letters (A-Z) in a grid format. Two red arrows point to the first letter of each alphabet (A). Below the alphabets, there is a 'More Information' link. The footer contains the text: 'Prescription and over-the-counter medication information is from MedMaster™, a product of the American Society of Health-System Pharmacists (ASHP). For additional drug information, see the MedlinePlus drug therapy topic pages. Information on herbs and supplements is from Natural Standard®. For additional herb and supplement information, see the MedlinePlus Complementary and Alternative Therapies topics.' The page number 'S-2' is visible in the bottom right corner.

Your Question(s) _____

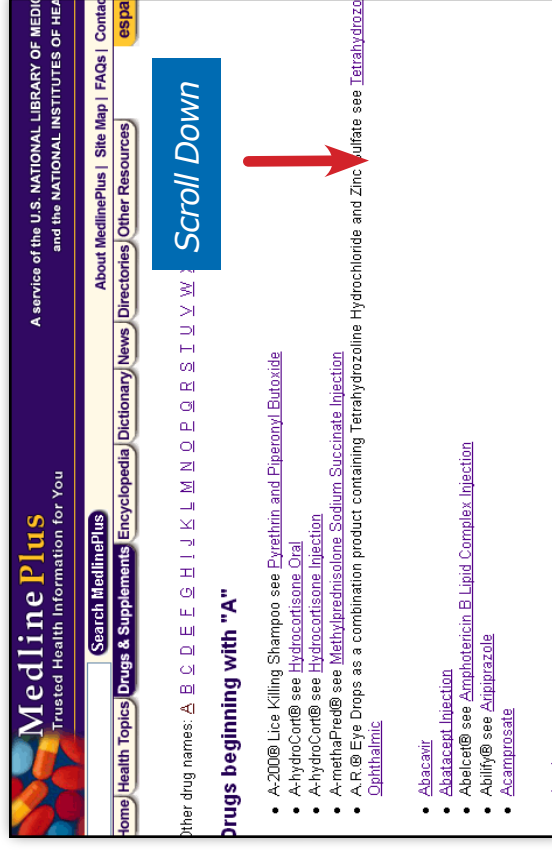
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LESSON REVIEW MedlinePlus Drugs and Supplements, Medical Encyclopedia

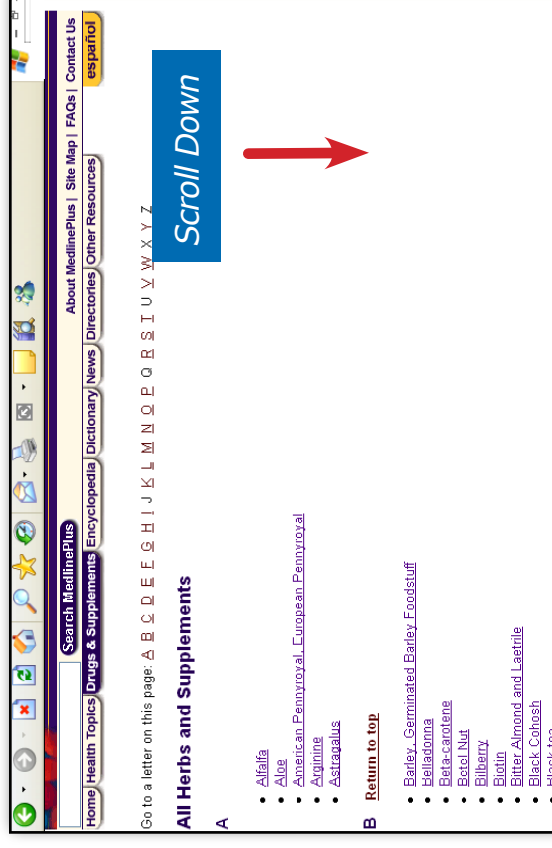
- 4** Clicking on an alphabet letter for a drug takes you to a page with a list of drugs starting with that letter. Scroll down to find your drug.

Screen Shot 4: Drug Page - Letter "A"



- 5** Clicking on an alphabet letter for a supplement takes you to a page with a list of supplements starting with that letter. Scroll down to find your supplement.

Screen Shot 5: Supplements Page



Your Question(s)

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LESSON REVIEW MedlinePlus Drugs and Supplements, Medical Encyclopedia

6 You learned that you could find information about diseases, tests, symptoms, injuries and surgery by clicking on **Medical Encyclopedia** from the **Home Page**.

7 The **Medical Encyclopedia** page has an alphabet that you can use to find information. Just click on the first letter of the disease, test, symptom, injury or surgery you are interested in.

Screen Shot 6: Link to Medical Encyclopedia

The screenshot shows the MedlinePlus website with various navigation options. A red arrow points to the 'Medical Encyclopedia' link under the 'Health Topics' section. Other visible links include 'Health Topics', 'Drugs & Supplements', 'Current Health News', 'Featured Site', and 'In the Spotlight'.

Screen Shot 7: Medical Encyclopedia Page

The screenshot shows the Medical Encyclopedia page with an alphabetical index table. A red circle highlights the table, and a red arrow points to the 'A' column. The table lists letters from A to Z, with some letters having sub-letters. A note below the table states: 'The information provided should not be used during any medical emergency or for the diagnosis or treatment of any medical condition. A.D.A.M. makes no representation or warranty regarding the accuracy, reliability, completeness, currentness, or timeliness of the content, text or graphics. Links to other sites are provided for information only — they do not constitute endorsements of those sites.'

A	Ab	Ab	Ab	Ab	Ab	Ab	Ab	Ab	Ab
B	B	B	B	B	B	B	B	B	B
C	C	C	C	C	C	C	C	C	C
D	D	D	D	D	D	D	D	D	D
E	E	E	E	E	E	E	E	E	E
F	F	F	F	F	F	F	F	F	F
G	G	G	G	G	G	G	G	G	G
H	H	H	H	H	H	H	H	H	H
I	I	I	I	I	I	I	I	I	I
J	J	J	J	J	J	J	J	J	J
K	K	K	K	K	K	K	K	K	K
L	L	L	L	L	L	L	L	L	L
M	M	M	M	M	M	M	M	M	M
N	N	N	N	N	N	N	N	N	N
O	O	O	O	O	O	O	O	O	O
P	P	P	P	P	P	P	P	P	P
Q	Q	Q	Q	Q	Q	Q	Q	Q	Q
R	R	R	R	R	R	R	R	R	R
S	S	S	S	S	S	S	S	S	S
T	T	T	T	T	T	T	T	T	T
U	U	U	U	U	U	U	U	U	U
V	V	V	V	V	V	V	V	V	V
W	W	W	W	W	W	W	W	W	W
X	X	X	X	X	X	X	X	X	X
Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
Z	Z	Z	Z	Z	Z	Z	Z	Z	Z
0-9	0-9	0-9	0-9	0-9	0-9	0-9	0-9	0-9	0-9

Your Question(s)

Module 7 – Screen Shots: *MedlinePlus Drugs and Supplements, Medical Encyclopedia*

Go to www.medlineplus.gov

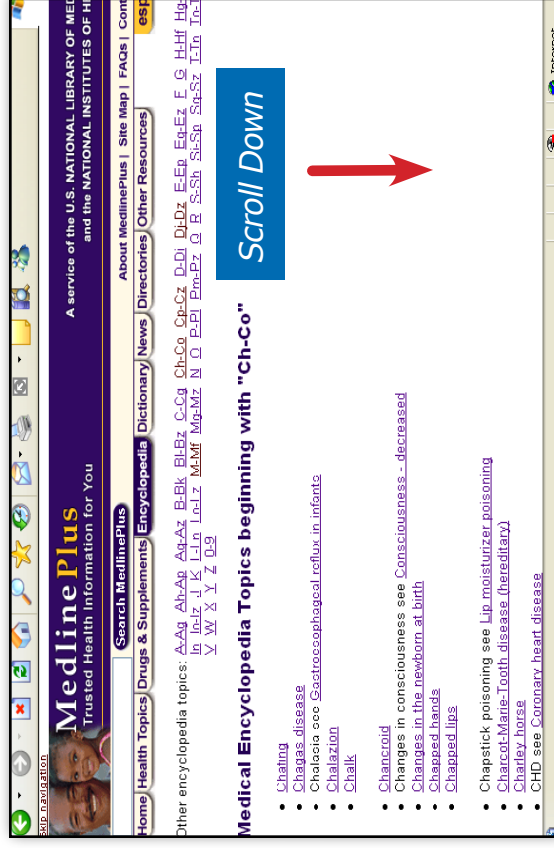
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LESSON REVIEW MedlinePlus Drugs and Supplements, Medical Encyclopedia

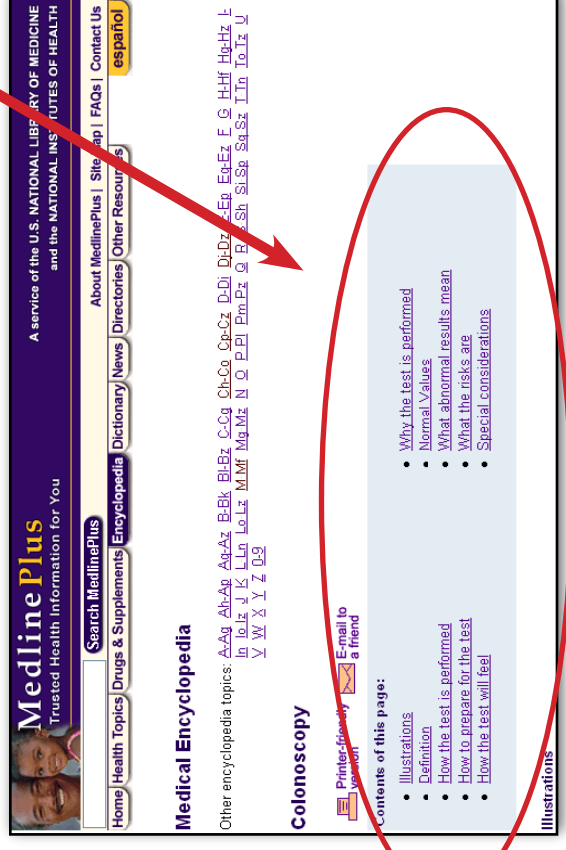
8 Clicking on an alphabet letter takes you to a page with a list of topics starting with that letter. Scroll down to find your topic.

9 On the page of a specific topic (i.e., colonoscopy), you learned you could click on more links to find in-depth information.

Screen Shot 8: Encyclopedia Page "Ch-Co"



Screen Shot 9: Colonoscopy Page



Your Question(s)

Module 7 – Screen Shots: MedlinePlus Drugs and Supplements, Medical Encyclopedia

Go to www.medlineplus.gov

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LESSON REVIEW MedlinePlus Drugs and Supplements, Medical Encyclopedia

10 To find information about another topic, use the alphabet that appears at the top of the page. Or, click on [Encyclopedia](#) just above the alphabet.

Screen Shot 10: Encyclopedia Page "Ch-Co"

The screenshot shows the MedlinePlus website interface. At the top, there is a navigation bar with the MedlinePlus logo and the text "A service of the U.S. NATIONAL LIBRARY OF MEDICINE and the NATIONAL INSTITUTES OF HEALTH". Below this, there are several menu items: "Home", "Health Topics", "Drugs & Supplements", "Encyclopedia", "Dictionary", "News", "Directories", "Other Resources", "About MedlinePlus", "Site Map", and "FAQs". The "Encyclopedia" menu item is highlighted with a red circle. Below the navigation bar, there is a search bar and a list of alphabetical links: "A", "B", "C", "D", "E", "F", "G", "H", "I", "J", "K", "L", "M", "N", "O", "P", "Q", "R", "S", "T", "U", "V", "W", "X", "Y", "Z". The "Ch-Co" link is highlighted with a red circle. Below the alphabetical links, there is a section titled "Medical Encyclopedia Topics beginning with 'Ch-Co'" followed by a list of topics: "Chafing", "Chagas disease", "Chalasia see Gastroesophageal reflux in infants", "Chalazion", "Chalk", "Chancroid", "Changes in consciousness see Consciousness -- decreased", "Changes in the newborn at birth", "Chapped hands", "Chapped lips", and "Chaostick poisoning see Lin. moisturizer poisoning".

Your Question(s)

Module 7 – Screen Shots: *MedlinePlus Drugs and Supplements, Medical Encyclopedia*
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