The Pacific Northwest Laboratory Medicine Sentinel Monitoring Network Final Report of the Findings of Questionnaire 16 Use of the Internet

Kathleen M. LaBeau ¹, Sharon Granade ² and Steven J. Steindel ²

1 Office of Laboratory Quality Assurance Washington State Department of Health 1610 N.E. 150th Street Seattle, Washington 98155

2 Centers for Disease Control and Prevention Public Health Practice Program Office Division of Laboratory Systems Laboratory Practice Assessment Branch (MS G-23) 4770 Buford Highway N.E. Atlanta, Georgia 30341

BACKGROUND

The Pacific Northwest Laboratory Medicine Sentinel Monitoring Network was created in 1995 to gather ongoing information about practices in hospital, independent and physician office laboratories (POLs) in Alaska, Idaho, Oregon, and Washington. To date, 20 questionnaires have been released to the network, exploring issues related to: testing quality; access to testing services; laboratory-related problems and errors; personnel training and changes; proficiency testing participation; point of care testing; and waived testing.

[Final reports of the findings of each questionnaire and references to journal articles based on these studies can be found on the Centers for Disease Control and Prevention (CDC) Website: http://www.phppo.cdc.gov/dls/mlp/pnlmsmn.asp]

Questionnaire 16

The intent of this questionnaire was to learn how laboratorians use the Internet for work-related purposes. Questionnaire 16 was mailed to 337 moderate and high complexity laboratory network participants in April 2001. Two hundred eighteen laboratories returned a completed questionnaire in time for analysis, a 65% response rate. Demographic characteristics of the respondents are summarized in the following table.

Table 1 - Demographic characteristics of respondents (N=218)

Demographic characteristic	Percent of laboratories			
STATE				
Washington	50			
Oregon	22			
Idaho	19			
Alaska	9			
CENSUS BUREAU DESIGNATION				
Urban	55			
Rural	45			
LABORATORY TYPE				
Physician office *	65			
Hospital	28			
Independent	7			

* Includes: Physician office laboratories (POLs), clinics, community health centers, rural health centers, health departments/districts, student health centers and health maintenance organizations (HMOs).

FINDINGS

Access to the Internet

Network participants were asked if they had access to the Internet at work and at home and whether they used the Internet for work-related purposes in either of these settings.

Overall, 73% of the respondents stated they had access to the Internet at work and 48% used the Internet while at work. Eighty-four percent had access to the Internet at home and 35% used the Internet for work-related purposes at home. A higher percentage of hospital laboratory respondents used the Internet than those working in independent or physician office laboratories. Rural laboratory respondents used the Internet more than those in urban sites. Table 2 shows the patterns of Internet usage by laboratory type and location.

Table 2 - Use of Internet for work-related purposes

	Percent of respondents			
	All labs (N=218)	POL (N=142)	Hospital (N=60)	Independent (N=16)
Access at work	73	68	85	69
Use at work	48	37	72	50
Access at home	84	83	88	81
Use at home	35	27	55	31
Use at work or home	54	44	77	56

	Percent of respondents						
	Urban (N=120)	Rural (N=98)		AK (N=20)	ID (N=42)	OR (N=48)	WA (N=108)
Access at work	67	81		70	76	69	74
Use at work	43	53		35	45	52	49
Access at home	84	85		85	83	83	85
Use at home	31	40		40	26	38	36
Use at work or home	51	57		45	48	63	54

Information and sites accessed on the Internet

The participants that used the Internet for work-related purposes were asked to tell us about the specific types of laboratory-related information they accessed and the sites they used. We also asked for the specific website addresses (uniform resource locators [URLs]) they used.

Table 3 - Type of information accessed (N=871 sites)

Category	Number	Percent
Government agency	259	30
Laboratory testing products or services	174	20
Professional organizations	159	18
Accreditation organizations	80	9
Quality improvement	62	7
Business management	36	4
Other	101	12

Note: The following summarizes the data collected from network participants. We do not intend to endorse or promote any agency, organization, corporation, or website listed. Website addresses were accessed in June 2001 by the author to confirm their accuracy. Changes in website addresses and links may have occurred since then.

GOVERNMENT AGENCY SITES

Sixty-three percent of all government sites and 76% of federal government sites accessed were provided by one of these three agencies: the Centers for Disease Control and Prevention (CDC); the Occupational Safety and Health Administration (OSHA); and the Health Care Financing Administration (HCFA).

CDC sites

Laboratory-related sites of interest:
Epidemiology Program Office
National Center for Health Statistics
National Center for Infectious Diseases
National Immunization Program
National Institute for Occupational Safety and Health

Website address (URL)

www.cdc.gov

www.cdc.gov/epo/ www.cdc.gov/nchs/ www.cdc.gov/ncidod/ www.cdc.gov/nip/ www.cdc.gov/niosh/ Public Health Practice Program Office

www.cdc.gov/phppo/

Types of information accessed by respondents

Regulations

CLIA www.phppo.cdc.gov/clia/

Standards Publications

Morbidity & Mortality Weekly Report (MMWR) www.cdc.gov/mmwr/

Licensing

Standard practices
Technical information

Reference

Prevention of diseases, disabilities, injuries //wonder.cdc.gov/

Bioterrorism

Growth charts www.cdc.gov/growthcharts/

Guidelines

Needle safety www.cdc.gov/niosh/

Tuberculosis protocol Infection control

Recommendations

HIV, HCV, HBV www.cdc.gov/ncidod/ Immunization www.cdc.gov/nip/

Travel medicine

Training www.phppo.cdc.gov/
Test categorization, test complexity www.phppo.cdc.gov/clia/

Grants Legislation

Foreign country medical requirements

Safety

Preventing needlesticks www.cdc.gov/niosh/2000-108.html

www.osha.gov

Sharps disposal www.cdc.gov/niosh/

OSHA sites

Types of information accessed by respondents

Regulations

Needle Safety Act

Publications Standards

Blood Borne Pathogens

Policies

Guidelines

Legislation

Research

Reference

Ergonomics

Infection control

Continuing education

Needlestick injury

Glass capillary tube safety

Compliance

HCFA sites www.hcfa.gov

Types of information accessed by respondents

Regulations

CLIA www.hcfa.gov/medicaid/clia/cliahome.htm

Reimbursement

Medical fee schedule Medicare updates

Medical necessity

Advanced beneficiary notices (ABNs)

Coding

Unique provider identification numbers (UPINs)

Reimbursement for certain CPT codes

ICD-9 codes

Laboratory fee schedule

Part A local medical review policies (LMRPs)

Correct coding initiative

Standards

Point of care testing information

Waived tests

Test categorization

Legislation

Technical component for pathology

Safe needle system

Compliance

Licensing

Opinions

Reference

Training

Food and Drug Administration (FDA) sites

<u>Laboratory-related sites of interest:</u>

Center for Devices & Radiological Health Center for Biologics Evaluation & Research

Types of information accessed by respondents

Regulations Recalls

Standards

Mammogram standards

Licensing

www.fda.gov

www.fda.gov/cdrh/ www.fda.gov/cber/

www.hcfa.gov/

Standard practices

Publications

Technical information

Research

Reference

Continuing education

Guidelines www.fda.gov/cber/

Registration forms

Approved testing/instruments

Test categorization Test complexity Reagent information

Training
Grants
Legislation
Safety

Needlestick safety alert

www.fda.gov/cdrh/safety.html

"CLIA" sites www.phppo.cdc.gov www.hcfa.gov/medicaid/clia/cliahome.htm

Types of information accessed by respondents

Standards

Test categorization

Continuing education

Waived test list

Regulations

Licensing

Standard practices

Publications

Technical information

History of CLIA

Legislation

Guidelines

Health and Human Services (HHS) sites www.hhs.gov www.dhhs.gov

Types of information accessed by respondents

Office of Inspector General (OIG) www.hhs.gov/progorg/oig

Compliance issues

Regulations

Guidelines

Reference information

Billing issues

Office of Population Affairs (OPA) www.hhs.gov/opa

National Institutes of Health (NIH) sites www.nih.gov

Types of information accessed by respondents

Reference

National Institute of Diabetes & Digestive & Kidney Diseases

www.niddk.nih.gov

Regulations

Guidelines

Standards

Research

Licensing

Training

Publications

Grants

Legislation

"Federal Register" site

Types of information accessed by respondents

Regulations

National Archives and Records Administration

www.nara.gov

www.medicare.gov/

Medicare site

Types of information accessed by respondents

Local medical review policies (LMRPs)

Regulations

Guidelines

Research

Reference

Continuing education

Publications

www.hcfa.gov

Health Insurance Portability and Accountability (HIPAA)

www.hcfa.gov/medicaid/hipaa

Environmental Protection Agency (EPA)

Regulations

Safety

www.epa.gov

Veterans Affairs (VA)

Safe sharps devices

www.va.gov www.va.gov/vasafety/

Department of Transportation (DOT)

www.dot.gov

Regulations, Standards, Reference, Publications

www.transit-safety.volpe.dot.gov

Government sites provided by state agencies:

Washington State sites

Department of Health

S

Medicare updates

Hospital statistics

www.doh.wa.gov

Regulations

Guidelines

Reference

Training

Health care assistant licenses

X-Ray licenses

Office of Laboratory Quality Assurance

www.doh.wa.gov/hsqa/fsl/LQA_home.htm

Licensing

Medical Test Site rules

Regulations Guidelines

Standards Training

Public Health Laboratory

Labor and Industries - WISHA

Chemical Hygiene Plan

Respiratory Protection Plan Blood Borne Pathogens

Regulations

Standards

Department of Social and Health Services

Medicare updates

Department of Revenue

Tax information and rules

Oregon State sites

State of Oregon

Legislation

Oregon Health Division

Radiation Safety Laws

Lab Licencing

Licensing Regulations

Public Health Laboratory

Regulations

Guidelines

Oregon Occupational Safety & Health

Regulations

Oregon Online

Legislation Regulations

Idaho State site Department of Health & Welfare

www.doh.wa.gov/phl

www.wa.gov/lni/wisha

www.dshs.wa.gov

www.dor.wa.gov

www.state.or.us

www.ohd.hr.state.or

www.ohd.hr.state.or.us/ll/

www.ohd.hr.state.or.us/phl/

www.state.or.us

www.state.id.us www.state.id.us/dhw/

Medicaid guidelines

Alaska State site www.state.ak.us

State of Alaska

Regulations Legislation

Wisconsin State site

Wisconsin State Public Laboratory www.slh.wisc.edu

Standards Reference

LABORATORY TESTING PRODUCTS AND SERVICES

• Companies that manufacture and/or distribute laboratory products or medical supplies **Company name** Types of information, activities Website address (URL)

product availability, distribution, www.abbott.com Abbott Laboratories

product specifications, prices,

contact information, point of care instruments for hospital use

check on supplies www.actdiagnostics.com **ACT Diagnostics** Allegiance product availability, pricing, www.allegiance.net

ordering supplies, equipment information,

check on status of purchase order

contact information, pricing, AmeriNet www.amerinet.org

product availability

Baxter product information, prices, distribution www.baxter.com product information Baver www.bayer.com

Becton Dickinson product information, urine STD testing

Beckman Coulter product offerings, test menus, www.beckmancoulter.com

equipment information

Bio-Rad Laboratories new products, product availability, www.bio-rad.com www.biosite.com

Biosite manufacturer information,

Triage products

product availability, pricing www.bulbdirect.com **Bulb Direct** manufacturer information, suppliers Careside www.careside.com Cerner troubleshooting, problem reporting, www.cerner.com

classes, interaction

manufacturer information, prices, www.chartermedical.com Charter Medical, Ltd.

product information, distribution

product availability, test menus www.dadebehring.com Dade Behring product availability, pricing, Diagnostic Systems www.dslabs.com

contact information Laboratories, Inc.

Diagnostic Products

product availability, reagent information www.dpcweb.com Corporation

Fisher Scientific product availability, pricing, www.fishersci.com

product specifications, order supplies, contact information, check on order status,

E-mail to sales representative

Gamma Biologicals blood bank reagents and prices www.gammabio.com

Gloves in a Bottle product availability, prices, www.glovesinabottle.com

contact information

Hemochron test and equipment information, www.itcmed.com

manufacturer information, suppliers,

ACT test models available

HemoCue point of care for glucose for NICU, www.hemocue.com

point of care instruments for hospital use

Intoximeters, Inc general information www.intox.com iStat Corporation general information www.istat.com

Johnson & Johnson product availability & specifications www.johnsonandjohnson.com

Lab Safety Supply manufacturers/suppliers of ergonomic www.labsafety.com

pipets and accessories

Labconco product descriptions, www.labconco.com

comparison of models, distributors

Lifescan, Inc point of care instruments for hospital use www.lifescan.com

McKesson General tracking shipments McNeil Drug Co. completing forms

Med Electronics, Inc. information on autoclave spore checks

Oncology Supply PSS order lab supplies
Ortho-Clinical blood bank reagents, prices,

Diagnostics product availability
PML Microbiologicals general information

PML Microbiologicals general information www.pmlmicro.com

Precision Microscope sales information, pricing, products www.microscopesnewandused.com

www.dotcomadvisors.com

www.med-electronics.com

www.oncologysupply.com

www.orthoclinical.com

Premier contact information, group www.premierinc.com

purchasing information

Provider Select back office supplies www.providerselect.com
PSS/World Medical Inc manufacturer product availability, www.pssworldmedical.com

pricing, contact infornation

Quantimetrix manufacturers, suppliers, www.4qc.com

Corporation urine QC materials

Rainin Pipetting manufacturers, suppliers, www.rainin.com

Solutions ergonomic pipets and accessories

Raven Biological spore checks for autoclaves www.devicelink.com
Remel, Inc general information www.remelinc.com

Roche test procedures, marketing contacts, www.roche.com/diagnostics/

product availability, pricing, help info, CoaguChek strips, phone numbers

SafTPak, Inc. hazardous materials shipping www.saftpak.com

Sigma Diagnostics test procedures, pricing, www.sigma-aldrich.com

product availability

StatSpinproduct availability, pricingwww.statspin.comVitekproduct availability, specificationswww.vitek.com

One respondent wanted to be able to do instrument troubleshooting using a Q&A format, via E-mail with the manufacturer.

• Reference laborato	ries providing testing services
Laboratory name	Types of information, activities

Laboratory name Types of information, activities		Website address (URL)	
Antibody Assay Labs ARUP Labs	test availability testing, specimens, interpretive data	www.antibodyassay.com www.arup-lab.com www.berkeleyheartlab.com	
Berkeley Heart Lab Diagnology	HSVII POCkit	www.diagnology.com	
Duke University Lab	test information, specimen requirements	www.duke.edu	
Fairbanks Memorial Hospital	specimen requirements, lab results	www.duke.edu	
Genetests	genetic testing information	www.genetests.org	
LabCorp	testing information, test results, specimen requirements	www.labcorp.com	
Labs NW	test availability, pricing, www.laspecimen requirements	absnw.com	
Med Tox	test specifications, prices	www.medtox.com	
UW Hospital Lab	test results, specimen requirements		
Multicare	test availability, pricing, specimen requirements		
National Medical		mslab.com	
Services	specimen requirements,		
	contact information		
OHSU	lab results	www.ohsu.edu	
Oregon Med Lab	testing, specimen requirements, interpretive data		
PAML	test availability, test alerts, pricing,	www.paml.com	
	test updates, specimen requirements		
Puget Sound			
Blood Center	autologous blood program	www.psbc.org	
Quest Diagnostics	test results, testing information,	www.questdiagnostics.com	
	specimen requirements, test availability		
Specialty Labs	testing information, pricing,	www.specialty.com	
	specimen requirements, test results,	www.datapassportmd.com	
	contact information		
U of Minnesota Labs	testing information, specimen requirement	its	
-	test availability		
-	esoteric tests, clinical significance	-	

PROFESSIONAL ORGANIZATIONS

Organization name Information, activities	Website address
AAB-American Association of Bioanalysts training	www.aab.org
AABB-American Association of Blood Banks continuing education, membership, journal articles, position statements, meetings, Q&A forums	www.aabb.org
AACC-American Association of Clinical Chemists meetings, research, jobs, journal articles, membership, continuing education, position statements, exams, Q&A forums	www.aacc.org
AAFP -American Academy of Family Physicians clinical diagnosis, guidelines, chronic illness protocols, continuing education, exams	www.aafp.org
AAP-American Academy of Pediatrics current practice information	www.aap.org
ABPA-American Backflow Prevention Association	www.abpa.org
ACHA -American College Health Association research information, meetings	www.acha.org
ADA-American Diabetes Association diabetes guidelines, glucose tolerance guidelines	www.diabetes.org
Advance continuing education, articles, job opportunities	www.advanceformlp.com
AMA-American Medical Association CPT information, publications, compliance issues	www.ama-assn.org
AMT-American Medical Technologists certification standards, new products, legislative information, continuing education ANA-American Nurses Association	www.amt1.com
safety information for nurses	www.needlestick.org
APHA-American Public Health Association member of APHA Board	www.apha.org
APHL -American Public Health Laboratories meetings, registration	www.aphl.org
ASC-American Society of Cytopathology infectious disease information	ww.cytopathology.org
ASCLS-American Society for Clinical Lab Science meetings, fees, continuing education, ASCLS News, research, Q&A forum, membership, jobs, articles, position statements, exams, certification standards, virtual presentations	www.ascls.org
ASCP-American Society of Clinical Pathologists continuing education, salary scales, membership, regulations, standards, licensing, standard practices, publications, technical information, certification standards,	www.ascp.org

journal articles, meetings, exams, jobs, position statements, regulations, Bioterrorism Preparedness Program

ASM-American Society for Microbiology

www.asm.org

journal articles, subscriptions, microbiology information, continuing education, topics search, annual meetings

CAP-College of American Pathologists

www.cap.org

certification standards for MT, MLT, specialists

CLMA-Clinical Laboratory Management Association

www.clma.org

meetings, articles, government affairs, membership, continuing education, position statements, Q&A forum, research, member contact information, job opportunities, chat room, physician satisfaction survey, hot topics, exams, Alliance Newsletter, regulatory updates, Today's News, contact article submitter, certification standards for MT, MLT, specialists

Medscape Med Pulse

via e-mail:

news@medpulse.medscape.com

journal articles, research

MGMA-Medical Group Management Association

compliance

www.mgma.org

NACB-National Academy of Clinical Biochemistry articles, research, practice guidelines

www.nacb.org

NAACLS-Nat Accrediting Agency for Clinical Lab Sciences

accreditation information on an MT school

www.naacls.org

www.nca-info.org

NCA-National Credentialing Agency

national credentialing, exams, continuing education,

membership, jobs, articles, certification, Q&A forums,

position statements

via e-mail:

anamember@lists.ana.com

Nursing Insider journal articles

Oregon Hospital Association

newsletter

South West Washington Medical Center

job opportunities

Virtual Hospital

www.vh.org

education

ACCREDITATION ORGANIZATIONS

Organization name

Website address (URL)

Information, activities

AAAHC-Accreditation Association for Ambulatory Healthcare

AABB-American Association of Blood Banks

purchase books, standards, reference, guidelines,

www.aaahciqi.org www.aabb.org

checklists, test categorization, training, application, fees,

technical bulletins, licensing, standard practices, publications, regulations

CAP-College of American Pathologists

www.cap.org

checklists, standards, training, application, guidelines, reference, test categorization, fees, regulations, point of care testing, publications, continuing education, technical information, workshops, standard practices, seminars, membership, record requirements, Lab Accreditation Program (LAP)

COLA www.cola.org

inspection checklist, guidelines, standards, safety manual, publications

JCAHO-Joint Commission on Accreditation of Healthcare **Organizations**

www.jcaho.org www.accreditinfo.com

record requirements, standards, workshops, checklists,

fees, reference, application process, interpretations, guidelines, point of care testing, test categorization, training, updates, technical information

QUALITY IMPROVEMENT

• Proficiency testing (PT) providers

Website address (URL)

Information, activities

AAB-American Association of Bioanalysts

PT results, scores, ship dates, notification of shipments, fees www.aab.org

AABB-American Association of Blood Banks

PT results, group comparisons

AAFP-PT-American Academy of Family Physicians

test modules, scores, shipping dates, submit results,

ask questions, order PT

www.aafp.org/pt

www.api-pt.com

www.aabb.org

API-American Proficiency Institute

continuing education, get results, send results,

test modules, ordering, prices, scores, ship dates,

resolve shipping problem, methods

CAP-College of American Pathologists

lab management index program, test modules, ordering, prices, results, scores, ship dates

Wisconsin State Laboratory of Hygiene

www.cap.org

pricing, results

www.slh.wisc.edu/pt/index.html

• Providers of written standards and standard materials

NCCLS-National Committee for Clinical Laboratory Standards standards, guidelines, ordering, prices, new products,

www.nccls.org

books

NIST-National Institute of Standards & Technology standards, guidelines, ordering, pricing

www.nist.gov

• Other quality improvement sites

CDC

guidelines www.phppo.cdc.gov/clia/

Premier

bench marking for turnaround times www.premierinc.com

BUSINESS MANAGEMENT

Billing, reimbursement, CPT codes, ICD-9 codes, fee schedules, local medical review policies

AHA

Cigna www.cigna.com

Cigna-Medicare www.cignamedicare.com Coding 911 www.coding911.com

Compliance Network HCA Healthcare

HCFA www.hcfa.gov

Healthcare Corp Compliance www.complainceinfo.com Medicare www.medicare.gov

Oregon Med Lab

PAML www.paml.com

Premera Blue Cross www.premeramedicare.com Info-X www.medicalnecessity.com Noridian Mutual Insurance Co www.bcbsnd.com/medweb/

Medical College of Wisconsin www.cpg.mcw.edu Social Security Online www.ssa.gov www.salary.com Salary information www.inc.com

OTHER

Trends

Business trends

Washington G-2 Reports www.washg2.com

Continuing education

Advance www.advanceformlp.com MedWeb www.medweb.emory.edu

Compliance

Columbia HCA

MCF Compliance www.mcfcompliance.com

Disease information

Mayo Health Clinic

PubMed www.nlm.nih.gov

Drug information

Merck Manual

Physician's Desk Reference www.pdr.net

e-health internet services

Labtest.com www.labtest.com

Job search

Monster.com www.monster.com

Medical information

State of Idaho immunizations www.phd4.state.id.us/immunization

Grateful Med www.nlm.nih.gov

Medical Matrix pharmacy www.medicalmatrix.com Medscape infectious diseases www.medscape.com

Virtual Hospital www.vh.org
Web MD www.webmd.org

www.internet-for-doctors.com www.datapassportmd.com

Patient rights

Frew consulting COBRA, anti-dumping www.medlaw.com

www.emtala.com

Personnel recruitment cost of living info www.homefair.com
Phlebotomy products, tips, speakers www.phlebotomy.com

Products

Monster.com pneumatic tube systems www.monster.com

SayAhh POL tests, exam room www.sayahh.com

Publications

Advance www.advanceformlp.com
MLO online www.mlo-online.com
NIR www.washg2.com

Reference/Research

HIV Line

ASM online reference books www.asm.org

Clinical Infectious Disease disease/test info

diabetes information www.diabetes.org
HIV information www.hivline.com

Journal of Infectious Disease disease/test info

Medscape disease/test info www.medscape.com

Nat Jewish Medical & Research sarcoidosis

U of Michigan Dept of Pathology

Medline www.nlm.nih.gov

Safety

Emergency Care Research Inst needlestick prevention www.healthcare.ecri.org

EPINet safety devices www.med.virginia.edu

MSDS Online MSDS www.msdsonline.com

sharps injury control www.ohb.orgs/sharps.htm

Training for Development of prevent blood exposure www.tdict.org

Innovative Control Technologies

U of Vermont MSDS

Technical information

Amer Society of Parasitology identify a parasite www.museum.unl.edu

Translation Services

Babelfish www.babelfish.com

www.freetranslation.com

Zipcodes

US Postal Service www.usps.gov

DISCUSSION

The purpose of this questionnaire was two-fold:

- To find out how many laboratories can access the Internet and how many actually use it for laboratory work-related purposes.
- To provide a list of useful sites, based on network participants' actual experiences.

We found that over 70% of our moderate and high complexity laboratory network participants had access to the Internet at work and over 80% had access at home. More than half of our respondents used the Internet for work-related purposes. This provides useful information to anyone providing or hoping to provide laboratory products, services or training opportunities online.

We found that many network respondents are seasoned Internet users - many listed more than 20 sites and one listed 45 sites that they accessed. Others were found to use the Internet only minimally. Through this questionnaire we were able to show participants the array of information available that can help them in laboratory-related activities and to open their eyes to opportunities online. We received comments demonstrating that some respondents planned to use this questionnaire to learn how to use the Internet more in the future. For example, one respondent that had access to the Internet but did not use it for work-related purposes stated "I might now that I know the websites you have suggested exist and how they might be useful". Another respondent that used the Internet on a very limited basis stated "If I had known this much infomation was available - I would use it. I will use it more if I know where to go to get such information".

While specific websites and links change frequently, this list can provide readers with a better knowledge of the types of information and functions possible on the Internet.