

## Learning guide: Managing health online

This session is a blend of online learning using Learn My Way and offline practise activities.

### Resources

- A device with internet access.
- A Learn My Way account ([learnmyway.com](https://www.learnmyway.com)).
- The “Searching for health advice” handout (see later in this guide).

### Learn

- How to search for health information online.
- Where to find reliable health information.

### Do

- Navigate to the Learn My Way subject **Managing your health online**.
- On Learn My Way, complete one of the following topics:
  - **Online health advice - England.**
  - **Online health advice - Northern Ireland.**
  - **Online health advice - Scotland.**
  - **Online health advice - Wales.**
- Go to **Google.co.uk** and search for **back pain**, followed by the name of the health service for where you live, as covered in the Learn My Way topic just completed. Eg pack pain NHS.
- On Learn My Way, complete the topic **Online GP health services**.
- Complete the searching for health advice handout.

### Reflect

- Can you remember key information? e.g. How to find health information.
- Would you be able to show someone else how to do it?

### Next steps

- You can keep searching for different things on the health website.
- Why not help others find reliable health information too?

## Searching for health advice

Search on the back pain page of the health website and find the answers to the below questions.

Tick the correct answers. More than one option could be right.

1. How can you relieve back pain?

- Continuing your daily activities.
- Take anti-inflammatory painkillers such as ibuprofen.
- Try not to move all day.

2. What treatments would a specialist recommend for back pain?

- Group exercise class.
- Massage.
- Facial.

3. What causes back pain?

- A slipped disc.
- Sciatica.
- An injury or sprain.

4. What tips help you to prevent back pain?

- Doing regular exercise.
- Take care when lifting.
- Sit for long periods of time.