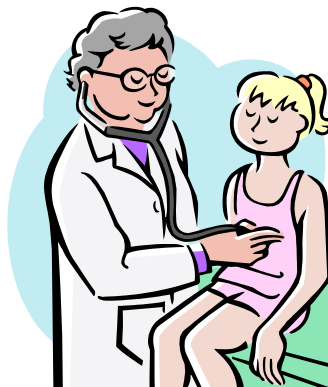




**Manly Warringah Division of General Practice**

# *Guide to useful Medical Internet Sites*



Version: 1.4 2/02/2012


## Table of Contents:

Introduction: .....	3	Neurology .....	13
General Patient Information .....	4	Nutrition .....	13
Aboriginal and Torres Straight Islanders .....	5	Obstetrics and Gynecology .....	14
Adolescent Health .....	5	Ophthalmology .....	14
Allergy.....	5	Paediatrics.....	14
Cancer .....	5	Palliative Care .....	15
Cardiovascular Disease .....	6	Parenting .....	15
Complementary Medicine.....	7	Pathology .....	15
Dental.....	7	Radiology .....	15
Dermatology.....	7	Renal.....	15
Drugs and Alcohol.....	7	Respiratory .....	16
Ear, nose and throat.....	8	Rheumatology.....	16
Endocrinology .....	8	Sexual Health.....	16
Gastrointestinal.....	9	Sports Medicine.....	17
Genetics.....	9	Travel .....	17
Geriatrics .....	9	Vascular .....	17
Haematology .....	10	Wound Care .....	18
Immune System .....	10	Commonwealth .....	18
Immunisation.....	10	State Government Authorities.....	18
Infectious Diseases .....	10	Community.....	19
Lifestyle / Behavioural.....	11	Organisations .....	19
Medico-Legal.....	11	Medical Journals .....	20
Men's Health.....	11	Technology.....	20
Mental Health.....	11	Directories.....	20
Musculoskeletal .....	12		

## **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 Manly Warringah Division area and as such may only be useful to those in this area. If you wish to customize this document for use in your area please contact [admin@mwdgp.com.au](mailto:admin@mwdgp.com.au) to request the document in a format that can be edited. 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 Manly Warringah Division of General Practice Ltd, and Manly Warringah Division of General Practice Ltd does not endorse and is not responsible for any material on, or linked to from these websites.

## **Feedback:**


If you have feedback regarding this document please send it to [admin@mwdgp.com.au](mailto:admin@mwdgp.com.au).


# Medical Internet Sites


## General Patient Information


**Health on the Net Foundation:**  Patient   
Clinical   
[www.hon.ch](http://www.hon.ch)  
An important web-site with tool-bar to be able to provide appropriate certification about a site's reliability.

**Better Health Channel:**  Patient   
Clinical   
[www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)  
Useful information and A-Z factsheets.

**Quack Watch:**  Patient   
Clinical   
[www.quackwatch.org](http://www.quackwatch.org)  
Your guide to quackery information and medicine.


**Healthy Skepticism:**  Patient   
Clinical   
[www.healthyskepticism.org](http://www.healthyskepticism.org)  
Has large data base on issues relating to inappropriate or misleading advertising of medical products or services.


**General Practice Notebook:**  Patient   
Clinical   
[www.gpnotebook.co.uk](http://www.gpnotebook.co.uk)  
A reliable, concise online encyclopedia.


**Mayo Clinic:**  Patient   
Clinical   
[www.mayoclinic.com](http://www.mayoclinic.com)  
Concise patient orientated overview of many disease states


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


**myDr:**  Patient   
Clinical   
[www.mydr.com.au](http://www.mydr.com.au)  
Very comprehensive site of useful resources and animated clips.


**UpToDate Inc.:**  Patient   
Clinical   
[www.uptodate.com/patients](http://www.uptodate.com/patients)  
Useful, concise fact sheets on numerous medical topics.


**Patient UK:**  Patient   
Clinical   
[www.patient.co.uk](http://www.patient.co.uk)  
Excellent patient information leaflets


**Medic8:**  Patient   
Clinical   
[www.medic8.com](http://www.medic8.com)  
Comprehensive patient information database


**Medscape:**  Patient   
Clinical   
[www.medscape.com](http://www.medscape.com)  
Huge data base of up-to-date information on all branches of medicine for health professionals


**Lab Tests on-Line:**  Patient   
Clinical   
[www.labtestsonline.org.au](http://www.labtestsonline.org.au)  
Very useful resource for patients enabling them better understanding of laboratory tests.


**Drugs.com:**  Patient   
Clinical   
[www.drugs.com](http://www.drugs.com)  
Concise patient orientated data base on medications, interactions, pill identifiers, side-effects.

**National Prescribing Service:**  Patient   
Clinical   
[www.nps.org.au](http://www.nps.org.au)  
Good Fact Sheets on Medications importable to Best Practice and Medical Director.

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

**National Library of Medicine:**  Patient   
Clinical   
[www.nlm.nih.gov](http://www.nlm.nih.gov)  
Huge data base of disease states on Medline Plus link.

**Aetna Intellihealth:**  Patient   
Clinical   
[www.intelihealth.com](http://www.intelihealth.com)  
Comprehensive A-Z medical condition guide reviewed by Harvard Medical School

**National Guidelines Clearing House:**  Patient   
Clinical   
[www.guideline.gov](http://www.guideline.gov)  
Large data base of Guidelines

# Medical Internet Sites


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


**National Institute for Health and Clinical Excellence:** Patient   
Clinical   
[www.nice.org.uk](http://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](http://www.nhmrc.gov.au)  
Large data base of clinical guidelines.

**Health Translation Online Directory:** Patient   
Clinical   
[www.healthtranslations.vic.gov.au](http://www.healthtranslations.vic.gov.au)  
Numerous medical topics and fact sheets in various languages.

**Google Translate:** Patient   
Clinical   
[translate.google.com.au](http://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](http://my.clevelandclinic.org)  
A wealth of patient information in A-Z format.

**WebMD:**  Patient   
Clinical   
[www.webmd.com](http://www.webmd.com)

**It's My Health:** Patient   
Clinical   
[www.ItsMyHealth.com.au](http://www.ItsMyHealth.com.au)  
Comprehensive information for patients managing their medicines and symptoms.

**Science Based Medicine:** Patient   
Clinical   
[www.sciencebasedmedicine.org](http://www.sciencebasedmedicine.org)  
An excellent site that explores some of the issues of alternative medicines.


## Aboriginal and Torres Straight Islanders

**Australian Indigenous HealthInfoNet:**  Patient   
Clinical   
[www.healthinfonet.ecu.edu.au](http://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](http://www.caah.chw.edu.au)

## Allergy

**Australian Society of Clinical Immunology and Allergy:**  Patient   
Clinical   
[www.allergy.org.au](http://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](http://www.cancer.org.au)

**Cancer Council of NSW:** Patient   
Clinical   
[www.cancercouncil.com.au](http://www.cancercouncil.com.au)

**Cancer Treatments Online-eviQ (Cancer Institute of NSW):** Patient   
Clinical   
[www.eviq.org.au](http://www.eviq.org.au)  
This is a great local web site on cancer care. Free registration.

# Medical Internet Sites

## Peter MacCallum Cancer

Centre:

[www.petermac.org](http://www.petermac.org)

Excellent cancer information and links to other reliable cancer information websites

Patient

Clinical

## Virtual Cancer Centre:

[www.virtualcancercentre.com](http://www.virtualcancercentre.com)

Excellent data on cancers , drugs

It is part of [www.virtualmedicalcentre.com](http://www.virtualmedicalcentre.com) giving excellent overview of many diseases, 3D animations . Ignore the adds.



Patient

Clinical

## Australian Screening

Mammography Decision Aid

Trial:

[www.mammogram.med.usyd.edu.au](http://www.mammogram.med.usyd.edu.au)

Useful in deciding whether you need to start having mammograms.

Patient

Clinical

## Cancer Screening Decision:

[www.Cancerscreeningdecision.org](http://www.Cancerscreeningdecision.org)

A useful site in making a decision on FOBT.

Patient

Clinical

## Prostate Cancer:

[www.prosdex.com](http://www.prosdex.com)

A useful site on deciding on PSA testing.

Patient

Clinical

## Department of Health and Ageing

Cancer Screening Information:

[www.cancerscreening.gov.au](http://www.cancerscreening.gov.au)

Information on programs available for cancer screening.

Patient

Clinical

## National Cancer Institute:

[www.cancer.gov](http://www.cancer.gov)

Very comprehensive guide to various cancers A-Z

Patient

Clinical

## Leukaemia Foundation:

[www.leukaemia.org.au/web/index.php](http://www.leukaemia.org.au/web/index.php)

Excellent resource material for carers, patients and health professionals on a variety of leukaemias and myeloproliferative disorders.

Patient

Clinical

## Lymphoma Australia:

[www.lymphoma.org.au](http://www.lymphoma.org.au)

Excellent resource material for patients and carers of lymphoma patients

Patient

Clinical

## Cardiovascular Disease

### National Heart Foundation:

[www.heartfoundation.com.au](http://www.heartfoundation.com.au)

Also allows for direct advice via telephone – 1300 36 27 87

Patient

Clinical

### National Stroke Foundation:

[www.strokefoundation.com.au](http://www.strokefoundation.com.au)

Patient

Clinical

### Cardiac Society of Australia and New Zealand:

[www.csanz.edu.au](http://www.csanz.edu.au)

Patient

Clinical

### Heart Rhythm Society:

[www.hrsonline.org](http://www.hrsonline.org)

Excellent patient and professional educational resources

Patient

Clinical

### Healthinsite:

[www.healthinsite.gov.au/topics/Arrhythmia](http://www.healthinsite.gov.au/topics/Arrhythmia)

Well resourced links to various arrhythmias

Patient

Clinical

### National Cholesterol Education Program:

[www.ncepa.com.au](http://www.ncepa.com.au)

Excellent patient resource with 'Heart-to-Heart' booklet

Patient

Clinical

### Arrhythmia Alliance : The Heart Rhythm Charity:

[www.arrhythmiaalliance.org.uk](http://www.arrhythmiaalliance.org.uk)

Excellent site with useful links and information

Patient

Clinical

### Heartpodcast.org:

[www.heartpodcast.org](http://www.heartpodcast.org)

Patient

Clinical

### Youtube :- video on pacemakers

[www.youtube.com/watch?v=UdaTqPSO3Rs](http://www.youtube.com/watch?v=UdaTqPSO3Rs)

good video on pacemakers

Patient

Clinical

### Youtube :- video on coronary artery stenting

[www.youtube.com/watch#!v=4Qf8XC1QlJk&feature=channel](http://www.youtube.com/watch#!v=4Qf8XC1QlJk&feature=channel)

good video on coronary artery stenting

Patient

Clinical

# Medical Internet Sites

**Youtube: – video on cardiac catheterisation** Patient   
Clinical   
[www.youtube.com/watch#!v=f1mdGDu4LK8&feature=channel](http://www.youtube.com/watch#!v=f1mdGDu4LK8&feature=channel)  
good video on cardiac catheterisation

**Your Heart Forecast:** Patient   
Clinical   
[www.heartfoundation.org.nz/Your\\_Heart\\_Forecast.html](http://www.heartfoundation.org.nz/Your_Heart_Forecast.html)  
This is a tool for GP's to explain to patients their heart risk. It is absolutely brilliant and should be a daily working tool for all of us!!

## Complementary Medicine

**Australasian Integrative Medicine Association:** Patient   
Clinical   
[www.aima.net.au](http://www.aima.net.au)

**US National Library of Medicine and National Institute of Health Medline Plus:** Patient   
Clinical   
[www.nlm.nih.gov/medlineplus/druginformation.html](http://www.nlm.nih.gov/medlineplus/druginformation.html)  
Good comprehensive information.


**National Health Service –UK:** Patient   
Clinical   
[www.library.nhs.uk/cam](http://www.library.nhs.uk/cam)  
Also good comprehensive information on a variety of topics.

**Blackmores Medical:** Patient   
Clinical   
[www.blackmoresmedical.com.au](http://www.blackmoresmedical.com.au)  
Excellent drug interaction guide. Free registration

**HealthExpertises.com:** Patient   
Clinical   
[www.healthexpertises.com](http://www.healthexpertises.com)

## Dental


**American Dental Association:** Patient   
Clinical   
[www.ada.org](http://www.ada.org)  
Has a useful A-Z resource base Oral Health Topics site

**WebMD:**  Patient   
Clinical   
[www.webmd.com/oral-health/default.htm](http://www.webmd.com/oral-health/default.htm)  
Useful resource material

## Dermatology

**Australasian College of Dermatologists:** Patient   
Clinical   
[www.dermcoll.asn.au](http://www.dermcoll.asn.au)

**Eczema Association of Australasia:** Patient   
Clinical   
[www.eczema.org.au](http://www.eczema.org.au)

**New Zealand Dermatological Society:**  Patient   
Clinical   
[www.dermnetnz.org](http://www.dermnetnz.org)  
Excellent and comprehensive site on skin diseases

**All about Acne:** Patient   
Clinical   
[www.acne.org.au](http://www.acne.org.au)  
Good patient orientated guide

**National Psoriasis Foundation:** Patient   
Clinical   
[www.psoriasis.org](http://www.psoriasis.org)  
Excellent patient resource material

**Occupational Dermatology Research & Education Centre:** Patient   
Clinical   
[www.occderm.asn.au](http://www.occderm.asn.au)  
Useful site on common occupational dermatoses and their management

## Drugs and Alcohol

**Australian Drug Foundation:** Patient   
Clinical   
[www.adf.org.au](http://www.adf.org.au)

**Alcoholics Anonymous:** Patient   
Clinical   
[www.aa.org.au](http://www.aa.org.au)


# Medical Internet Sites

**Quit Campaign:** Patient   
[www.quit.org.au](http://www.quit.org.au) Clinical   
[www.quitnow.info.au](http://www.quitnow.info.au) (with Online QuitCoach)

**National Drug and Alcohol Research Centre:** Patient   
[www.ndarc.med.unsw.edu.au/](http://www.ndarc.med.unsw.edu.au/) Clinical


**The Right Mix:** Patient   
[www.therightmix.gov.au](http://www.therightmix.gov.au) Clinical   
This is a great site from Dept. of Veterans' Affairs for assessment of alcohol consumption and strategies to reduce.

**Drink Wise:** Patient   
[www.drinkwise.org.au](http://www.drinkwise.org.au) Clinical   
Outlines excellent strategies especially for parents.

**Australian Drug Information Network:**  Patient   
[www.adin.com.au](http://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](http://www.ghorayeb.com) Clinical   
A well ordered comprehensive site on all aspects of ear, nose and throat


**ENT Information:**  Patient   
[ent-information.com](http://ent-information.com) Clinical   
Excellent information for patients on a variety of ENT conditions.

## Endocrinology


**Diabetes Australia:** Patient   
[www.diabetesaustralia.com.au](http://www.diabetesaustralia.com.au) Clinical

**Mendosa: Living with Diabetes:**  Patient   
[www.mendosa.com/diabetes.htm](http://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](http://www.thyroidfoundation.com.au) Clinical

**Andrology Australia:**  Patient   
[www.andrologyaustralia.org](http://www.andrologyaustralia.org) Clinical   
Excellent A-Z guide on common male issues and reproductive health

**Thyroid Australia:** Patient   
[www.thyroid.org.au](http://www.thyroid.org.au) Clinical


**Thyroid Disease:**  Patient   
[www.thyroidmanager.org](http://www.thyroidmanager.org) Clinical   
Useful and very concise data on all aspects of thyroid disorders

**Australian Paediatric Endocrinology Group:** Patient   
[www.apeg.org.au](http://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](http://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/](http://www.shef.ac.uk/FRAX/) Clinical   
A very useful online tool for predicting fracture risk.

**Diabetes Kids and Teens:** Patient   
[www.diabeteskidsandteens.com.au](http://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](http://www.diabetescounselling.com.au) Clinical   
Excellent resources on diabetes management .Also option for online counselling.



# Medical Internet Sites

## Gastrointestinal

**Gastroenterological Society of Australia:** Patient   
Clinical   
[www.gesa.org.au](http://www.gesa.org.au)

**Australia Crohn's and Colitis Association:** Patient   
Clinical   
[www.acca.net.au](http://www.acca.net.au)


**Irritable Bowel Information and Support Association of Australia:** Patient   
Clinical   
[www.ibis-australia.org](http://www.ibis-australia.org)

**The Coeliac Society of Australia:** Patient   
Clinical   
[www.coeliac.org.au](http://www.coeliac.org.au)

**The Wales Day Centre:** Patient   
Clinical   
[www.wales.com.au](http://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](http://www2.niddk.nih.gov)  
Excellent resource base for both Gastro-intestinal and urological/ renal diseases

## Genetics

**GeneTests:**  Patient   
Clinical   
[www.genetests.org](http://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](http://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](http://www.hgsa.com.au)

**Association of Genetic Support of Australasia:** Patient   
Clinical   
[www.agsa-geneticsupport.org.au](http://www.agsa-geneticsupport.org.au)

**Murdoch Children's Research Institute:** Patient   
Clinical   
[www.mcri.edu.au/Downloads/PrenatalTestingDecisionAid.pdf](http://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](http://www.gt.nsw.gov.au)  
Very useful information and downloadable forms

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

**Advance Care Planning :My wishes program:** Patient   
Clinical   
[www.mywishes.org.au](http://www.mywishes.org.au)  
An excellent site on Advance Care Planning with simple, easy to read downloadable documents.

**Advance Care Planning in 2010:** Patient   
Clinical   
[www.youracp.com](http://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](http://www.nrgpn.org.au/index.php?element=Advance+Care+Directive+Jerome+Mellor)

**Respecting Patient Choices** Patient   
Clinical   
[www.respectingpatientchoices.org.au](http://www.respectingpatientchoices.org.au)  
Advance Care Directive forms and information.

**Planning What I Want** Patient   
Clinical   
[www.planningwhatiwant.com.au](http://www.planningwhatiwant.com.au)  
Advance Care Directive forms and information.

# Medical Internet Sites

## The Advance Care Directive Association Inc.

[www.advancecaredirectives.org.au](http://www.advancecaredirectives.org.au)

Advance Care Directive information and publication.

Patient   
Clinical

## Coordinated Veterans' Care Program:

[www.cvcprogram.net.au](http://www.cvcprogram.net.au)

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

Patient   
Clinical

## Aged Care Guide:

[www.agedcareguide.com.au](http://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.

Patient   
Clinical

## Haematology

## Australian Red Cross Blood Service:

[www.transfusion.com.au](http://www.transfusion.com.au)

Patient   
Clinical

## Immune System

## Immunosuppression Screen:

[immunosuppressionscreen.net.au](http://immunosuppressionscreen.net.au)

A good online tool for health professionals allowing them to assess patients risks when embarking a variety of therapies.

Patient   
Clinical

## Immunisation

## Immunise Australia Program:

[www.immunise.health.gov.au](http://www.immunise.health.gov.au)

Includes Myths and Realities Book and link to Australian Immunisation Handbook and covers schedules and A-Z disease link

Patient   
Clinical

## National Centre for Immunisation Research and Surveillance:

[www.ncirs.usyd.edu.au](http://www.ncirs.usyd.edu.au)

Patient   
Clinical

## Immunisation Catch Up Calculator:

[www.health.sa.gov.au/immunisationcalculator/](http://www.health.sa.gov.au/immunisationcalculator/)

Useful resource to calculate which immunisations are due.

Patient   
Clinical

## Do Vaccines Cause That?

[www.dovaccinescausethat.com/pdfs/DVCT\\_sample.pdf](http://www.dovaccinescausethat.com/pdfs/DVCT_sample.pdf)

A guide to safety concerns for vaccines

Patient   
Clinical

## My Vaccination:

[www.myvaccination.com.au](http://www.myvaccination.com.au)

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

Patient   
Clinical

## National Centre for Immunisation Research and Surveillance :

[www.chainofprotection.org](http://www.chainofprotection.org)

An excellent educational resource for parents on the importance of immunization. Excellent videos, Fact Sheets and Links.

Patient   
Clinical

## Infectious Diseases

## U.S. Center for Disease Control:

[www.cdc.gov](http://www.cdc.gov)

Excellent data base of diseases A-Z

Patient   
Clinical

## Infectious Diseases Society of America:

[www.idsociety.org/Content.aspx?id=9088](http://www.idsociety.org/Content.aspx?id=9088)

Large data base of Guidelines by disease state/categories.

Patient   
Clinical

## Northern Territory Government:

[www.health.nt.gov.au/Publications/Centre\\_for\\_Disease\\_Control\\_Publications/index.aspx](http://www.health.nt.gov.au/Publications/Centre_for_Disease_Control_Publications/index.aspx)

Great database of fact sheets on numerous diseases & conditions

Patient   
Clinical

# Medical Internet Sites

## Lifestyle / Behavioural

**U.S National Institute of Ageing:** Patient   
Clinical   
[www.nia.nih.gov](http://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](http://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](http://www.lawsociety.com.au)  
Some useful sections. Downloadable book on Older people and The Law.


**ElderLaw** Patient   
Clinical   
[www.elderlaw.com.au](http://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](http://www.menshealthaustralia.net)  
Good information, guidelines and very comprehensive list of useful links.

## Mental Health

**Anxiety Online:** Patient   
Clinical   
[www.anxietyonline.org.au](http://www.anxietyonline.org.au)  
"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:** Patient   
Clinical   
  
[www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)  
Very comprehensive site for public and health professionals on diagnostic tools and Fact sheets on depression ,bipolar disorder and mood disorder

**Beyond Blue-the National Depression initiative:** Patient   
Clinical   
[www.beyondblue.org.au](http://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](http://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](http://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](http://www.ranzcp.org/resources/clinical-practice-guidelines.html)  
Excellent resource of guidelines

**Kids Helpline:** Patient   
Clinical   
[www.kidshelp.com.au](http://www.kidshelp.com.au)  
Good support for young people on common conditions. Provides telephone counseling.

**Reach Out:** Patient   
Clinical   
[www.reachout.com.au](http://www.reachout.com.au)  
Good support material on a wide range of issues

**Headspace:** Patient   
Clinical   
[www.headspace.org.au](http://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](http://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.

# Medical Internet Sites

## Schizophrenia Fellowship

NSW:

[www.sfnsw.org.au](http://www.sfnsw.org.au)

Good resource material particularly for consumers.

Patient

Clinical

## Gambling Help:

[www.gamblinghelp.nsw.gov.au](http://www.gamblinghelp.nsw.gov.au)

A good site for support of both patients and health professionals

Patient

Clinical

## Psychological Self Help:

[www.psychologicalselfhelp.org](http://www.psychologicalselfhelp.org)

Very useful book on assisting behavioural changes.

Patient

Clinical

## CRUFADclinic:

[crufadclinic.org](http://crufadclinic.org)

On-line courses in Depression, Social Phobia, Generalised Anxiety Disorder, Mixed Anxiety and Depression

Patient

Clinical

## GP Care:

[www.gpcare.org](http://www.gpcare.org)

It has several great tools for assessing psychological states.

Patient

Clinical

## Eating Disorders:

[www.feast-ed.org](http://www.feast-ed.org)

Families Empowered and Supporting Treatment of Eating Disorders : great resource for families of sufferers of an Eating Disorders



Patient

Clinical

## Activate Mind and Body:

[www.activatemindandbody.com.au](http://www.activatemindandbody.com.au)

Excellent resource for people with mental illness to improve their physical and oral health.

Patient

Clinical

## Australian Centre for

## Posttraumatic Mental Health:

[www.acpmh.unimelb.edu.au](http://www.acpmh.unimelb.edu.au)

Excellent resource base for professionals and patients of this condition.

Patient

Clinical

## Beacon:

[www.beacon.anu.edu.au](http://www.beacon.anu.edu.au)

Useful site for both professionals and patients.

Patient

Clinical

## Men's Line:

[www.mensline.org.au](http://www.mensline.org.au)

A very good resource on many aspects of men's health.

Patient

Clinical

## Suicide Call Back Service:

[www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)

An excellent free support service for anyone affected by suicide.

Patient

Clinical

## eHeadspace:

[www.eheadspace.org.au/](http://www.eheadspace.org.au/)

Excellent site for young people with mental health issues. It has links to online and telephone counselling.

Patient

Clinical

## Musculoskeletal

## American Association of Orthopedic Surgeons:

[www.orthoinfo.aaos.org](http://www.orthoinfo.aaos.org)

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

Patient

Clinical

## Australian Orthopaedic Association:

[www.aoa.org.au](http://www.aoa.org.au)

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

Patient

Clinical

## Sports Medicine Australia:

[www.sma.org.au](http://www.sma.org.au)

Some useful factsheets and downloadable injury reporting forms.

Patient

Clinical

## Australian Association of Musculo-skeletal Medicine:

[www.musmed.com](http://www.musmed.com)

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

Patient

Clinical

## Musculo-skeletal American Orthopaedic Foot and Ankle Society:

[www.aofas.org](http://www.aofas.org)

Useful educational resource for patients on a variety of conditions.

Patient

Clinical

## Hand injection techniques:

[www.youtube.com/user/DrStuartMyers](http://www.youtube.com/user/DrStuartMyers)

Useful educational resource for patients on a variety of conditions.

Patient

Clinical

# Medical Internet Sites

## Neurology

**Alzheimers Australia:** Patient   
Clinical   
[www.alzheimers.org.au](http://www.alzheimers.org.au)  
Great resource for patients, carers and doctors on every facet from diagnosis to management.

**Brain Foundation:** Patient   
Clinical   
[www.brainfoundation.org.au](http://www.brainfoundation.org.au)  
Excellent A-Z guide common neurological disorders

**Headache Australia:** Patient   
Clinical   
[www.headacheaustralia.org.au](http://www.headacheaustralia.org.au)  
Good patient orientated guide on headaches and their management.

**Multiple Sclerosis Australia:** Patient   
Clinical   
[www.msaustralia.org.au](http://www.msaustralia.org.au)  
Good resource on diagnosis, treatment /management options.

**Stroke Foundation:** Patient   
Clinical   
[www.strokefoundation.com.au](http://www.strokefoundation.com.au)  
Useful guidelines; good overview on prevention, treatment and educational activities

**Parkinson's Australia:** Patient   
Clinical   
[www.parkinsons.org.au](http://www.parkinsons.org.au)  
Excellent guide for patients and carers and some very helpful links

**Epilepsy Action of Australia:** Patient   
Clinical   
[www.epilepsy.org.au](http://www.epilepsy.org.au)  
Helpful guide for patients and carers explaining epilepsy types, management and associated lifestyle issues.

**Motor Neurone Disease Australia:** Patient   
Clinical   
[www.mndaust.asn.au](http://www.mndaust.asn.au)  
Good resource guide and links

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

**Brain Foundation:** Patient   
Clinical   
[brainfoundation.org.au](http://brainfoundation.org.au)  
Great resource with a good a-z on brain conditions.

**MS Australia:** Patient   
Clinical   
[www.msaustralia.org.au](http://www.msaustralia.org.au)  
Useful site for both patients and health professionals on all aspects of multiple sclerosis.

## Nutrition

**Dietitians Association of Australia:** Patient   
Clinical   
[www.daa.asn.au](http://www.daa.asn.au)  
Comprehensive A-Z nutritional guides and self - assessment guides

**Food Standards Australia New Zealand:** Patient   
Clinical   
[www.foodstandards.gov.au](http://www.foodstandards.gov.au)  
Excellent A-Z Fact Sheets


**AWASH-Australian Division on World Action on Salt & Health:** Patient   
Clinical   
[www.awash.org.au](http://www.awash.org.au)  
Useful information and links on salt related issues

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

**Measure up:** Patient   
Clinical   
[www.measureup.gov.au](http://www.measureup.gov.au)  
Good overview of methods to achieve healthy eating and exercise.

**Go for 2 and 5:** Patient   
Clinical   
[www.gofor2and5.com.au](http://www.gofor2and5.com.au)  
Recipes on how to incorporate 2 servings of fruit and 5 servings of vegetables each day

**Get Healthy Information and Coaching Service:** Patient   
Clinical   
[www.gethealthynsw.com.au](http://www.gethealthynsw.com.au)  
Information on healthy eating and being active.

**Eating Disorders:** Patient   
Clinical   
 [www.feast-ed.org](http://www.feast-ed.org)  
Families Empowered and Supporting Treatment of Eating Disorders : great resource for families of sufferers of an Eating Disorders


# Medical Internet Sites


## Obstetrics and Gynecology


**Royal Australian and New Zealand College of Obstetrics and Gynaecology:** Patient   
Clinical   
[www.ranzcog.edu.au](http://www.ranzcog.edu.au)  
Some useful resources and helpful links

**Australasian Menopause Society:** Patient   
Clinical   
[www.menopause.org.au](http://www.menopause.org.au)  
Excellent Fact Sheets, resources , video on menopausal treatments

**Jean Hailes Foundation:** Patient   
Clinical   
[www.jeanhailes.org.au](http://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](http://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](http://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](http://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.

## Ophthalmology

**Royal Australian and New Zealand College of Ophthalmologists:** Patient   
Clinical   
[www.ranzco.edu.au](http://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](http://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](http://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](http://www.mdfoundation.com.au)  
Information on various aspects of the condition and available resources.

**Vision Australia:** Patient   
Clinical   
[www.visionaustralia.org](http://www.visionaustralia.org)  
Good resource on al aspects of low vision.Excellent fact sheets

## Paediatrics

**Clinical Practice Guidelines – Royal Children's Hospital Melbourne:** Patient   
Clinical   
[www.rch.org.au](http://www.rch.org.au)

**Sydney Children's Hospital:** Patient   
Clinical   
[www.sch.edu.au/health/factsheets/](http://www.sch.edu.au/health/factsheets/)

**Australian Paediatric Surveillance Unit:** Patient   
Clinical   
[www.apsu.inopsu.com](http://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](http://home.coqui.net/titolugo)  
Very concise update on numerous paediatric conditions


# Medical Internet Sites

## Palliative Care

**Palliative Care Australia:** Patient   
Clinical   
[www.palliativecare.org.au](http://www.palliativecare.org.au)

**Department of Health and Ageing:** Patient   
Clinical   
[www.health.gov.au](http://www.health.gov.au)

**Royal Australian College Physicians-Palliative Medicine Chapter:** Patient   
Clinical   
[www.racp.edu.au](http://www.racp.edu.au)  
Some useful factsheets.

**Palliative Medicine Handbook:**  Patient   
Clinical   
[book.pallcare.info](http://book.pallcare.info)  
An excellent resource for professionals

## Parenting

**Raising Children Network-Australian Parenting Website:** Patient   
Clinical   
[www.raisingchildren.net.au](http://www.raisingchildren.net.au)  
Very thorough parent orientated guide on many conditions

**Autism Spectrum Australia:** Patient   
Clinical   
[www.autismspectrum.org.au](http://www.autismspectrum.org.au)  
Very useful information on the condition, available management and support services.

**Mothersafe:** Patient   
Clinical   
[www.mothersafe.org.au](http://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](http://www.tresillian.net)  
Good Fact sheets on a variety of topics

**Australian Breast Feeding Association:** Patient   
Clinical   
[www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)  
Good Fact sheets on all aspects of breast-feeding


**Parenting SA:** Patient   
Clinical   
[www.parenting.sa.gov.au](http://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](http://www.rcpa.edu.au)  
Excellent data base of clinical resources

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

## Radiology

**Diagnostic Imaging Pathways:**  Patient   
Clinical   
[www.imagingpathways.health.wa.gov.au](http://www.imagingpathways.health.wa.gov.au)  
Excellent advice on appropriate imaging for various conditions.

**Insider Radiology:**  Patient   
Clinical   
[www.insideradiology.com.au](http://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](http://www.kidney.org.au)  
Excellent data base of guidelines

# Medical Internet Sites


**Prostate Cancer Foundation:** Patient   
Clinical   
[www.prostate.org.au](http://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](http://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.contfound.org.au](http://www.contfound.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](http://www.bladderbowel.gov.au)

**Sydney Urodynamic Centres:** Patient   
Clinical   
[www.urodynamic.com.au](http://www.urodynamic.com.au)  
Excellent resources on various aspects of incontinence.

## Respiratory

**National Asthma Council:**  Patient   
Clinical   
[www.nationalasthma.org.au](http://www.nationalasthma.org.au)  
Concise and practical database on all facets of treatment and monitoring

**Australian Lung Foundation:**  Patient   
Clinical   
[www.lungfoundation.com.au](http://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](http://www.thoracic.org.au)  
Good links to other organizations. Good Fact sheets and professional information on variety of conditions.

**Australasian Sleep Association:** Patient   
Clinical   
[www.sleep.org.au](http://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](http://www.arthritis.org/conditions/DiseaseCenter)


**Sjogren's Syndrome Foundation Inc:** Patient   
Clinical   
[www.sjogrens.org](http://www.sjogrens.org)

**Australian Rheumatology Association:** Patient   
Clinical   
[www.rheumatology.org.au](http://www.rheumatology.org.au)

**Arthritis Australia:** Patient   
Clinical   
[www.arthritisaustralia.com.au](http://www.arthritisaustralia.com.au)

## Sexual Health

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

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

**Australian Herpes Health Information:** Patient   
Clinical   
[www.herpes.com.au](http://www.herpes.com.au)  
Patient orientated data on various aspects relating to herpes



# Medical Internet Sites

## Australian Herpes Management Forum:



Patient   
Clinical

[www.ahmf.com.au](http://www.ahmf.com.au)

Comprehensive guide on this condition

## NSW STI Programs Unit:



Patient   
Clinical

[www.stipu.nsw.gov.au](http://www.stipu.nsw.gov.au)

Excellent and comprehensive resource material for all facets of sexual health

## Sexual Psychology:



Patient   
Clinical

[www.sexualpsychology.com.au](http://www.sexualpsychology.com.au)

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

## Sports Medicine

### Australian Sports Drug Medical Advisory Committee:

Patient   
Clinical

[www.asdmac.gov.au](http://www.asdmac.gov.au)

Useful information and links for both athletes and Health Professionals

### Australian Sports Commission - Supplements:

Patient   
Clinical

[www.ausport.gov.au](http://www.ausport.gov.au)

Useful information for athletes on nutritional supplements.

## Travel

### U.S. Centre for Disease Control:

Patient   
Clinical

[www.cdc.gov/travel](http://www.cdc.gov/travel)

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

### WHO travel health site:

Patient   
Clinical

[www.who.int/ith](http://www.who.int/ith)

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

### Sanofi Pasteur/SOS Travel Site:

Patient   
Clinical

[www.travellers-help.com](http://www.travellers-help.com)

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

### Travelvax Clinics:

Patient   
Clinical

[www.travelvax.com.au](http://www.travelvax.com.au)

Has some good travel information and vaccination advice

### MASTA (Medical Advisory Service for Travellers Abroad):

Patient   
Clinical

[www.masta.edu.au](http://www.masta.edu.au)

Private organization-subscription based giving very comprehensive health briefs

### The Vaccine Page news and Data base:

Patient   
Clinical

[www.vaccines.org](http://www.vaccines.org)

Useful information on vaccines and links

### Australian Department of Foreign Affairs and Trade:

Patient   
Clinical

[www.smartraveller.gov.au](http://www.smartraveller.gov.au)

Concentrates on travel safety information on a country by country basis

### My Vaccination:

Patient   
Clinical

[www.myvaccination.com.au](http://www.myvaccination.com.au)

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

## Vascular

### Society for Vascular Surgery:

Patient   
Clinical

[www.vascularweb.org](http://www.vascularweb.org)

Excellent update, Fact Sheets and Guidelines

### NHS Abdominal Aortic Aneurysm Screening Program:

Patient   
Clinical

[www.screening.nhs.uk](http://www.screening.nhs.uk)

### Specialist Vascular Clinic:

Patient   
Clinical

[Specialistvascularclinic.com.au](http://Specialistvascularclinic.com.au)

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

# Medical Internet Sites

## Wound Care

**Australian Wound Management Association:** Patient   
Clinical   
[www.awma.com.au](http://www.awma.com.au)  
Useful resources and links to various aspect so wound care

## Commonwealth

**Medicare Australia:** Patient   
Clinical   
[www.medicareaustralia.gov.au](http://www.medicareaustralia.gov.au)

**Department of Veterans Affairs:** Patient   
Clinical   
[www.dva.gov.au](http://www.dva.gov.au)

**Department of Health and Ageing:** Patient   
Clinical   
[www.health.gov.au](http://www.health.gov.au)

**Pharmaceutical Benefits Scheme:** Patient   
Clinical   
[www.pbs.gov.au](http://www.pbs.gov.au)

**Immunise Australia Program:** Patient   
Clinical   
[www.immunise.health.gov.au](http://www.immunise.health.gov.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](http://www.centrelink.gov.au)  
Good data base of forms and publications

**Australian Institute of Health and Welfare:** Patient   
Clinical   
[www.aihw.gov.au](http://www.aihw.gov.au)  
Very concise data on many facets of Australian Health and Welfare; publications.Links

**Therapeutic Goods Administration:** Patient   
Clinical   
[www.tga.gov.au](http://www.tga.gov.au)

## State Government Authorities

**Motor Accident Authority of NSW:** Patient   
Clinical   
[www.maa.nsw.gov.au](http://www.maa.nsw.gov.au)  
Has Health Professional Guidelines and various claim forms

**NSW Food Authority:** Patient   
Clinical   
[www.foodauthority.nsw.gov.au](http://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](http://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](http://www.transport.nsw.gov.au)  
Follow links to Taxi Transport Subsidy Scheme for forms

**Austrroads:** Patient   
Clinical   
[www.austrroads.com.au](http://www.austrroads.com.au)  
Useful information on assessing fitness to Drive

**Department of Ageing, Disability & Home Care:** Patient   
Clinical   
[www.dadhc.nsw.gov.au/dadhc](http://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](http://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](http://www.keepthemsafe.nsw.gov.au)  
Useful site on updated Mandatory reporting requirements and child protection

# Medical Internet Sites

## Community

**Warringah community and disability services:** Patient   
Clinical   
[www.warringah.nsw.gov.au/services/disability.aspx#database](http://www.warringah.nsw.gov.au/services/disability.aspx#database)  
Comprehensive data base on disability and community services

**Manly Warringah Pittwater Community Aid Service:** Patient   
Clinical   
[www.mwpcommunityaid.com.au](http://www.mwpcommunityaid.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](http://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](http://www.mwpct.org.au)  
Useful resource on available transport facilities/options

**Northern Beaches & Forest Seniors & Care Guide:** Patient   
Clinical   
[www.warringah.nsw.gov.au/services/Documents/SeniorsCareGuide.pdf](http://www.warringah.nsw.gov.au/services/Documents/SeniorsCareGuide.pdf)  
This is a superb guide on all the services in the Manly Warringah region, from legal through to health and leisure.


**My Hospital** Patient   
Clinical   
[www.smh.com.au/nsw/how-we-placed-all-the-facts-at-your-fingertips-20100508-uktw.html](http://www.smh.com.au/nsw/how-we-placed-all-the-facts-at-your-fingertips-20100508-uktw.html)  
This has the summary of performance of NSW Hospitals including your local community hospital; follow the links.  
There are more complex summaries within [www.health.nsw.gov.au/pubs](http://www.health.nsw.gov.au/pubs) and follow links to Yellow Book

**Northern Sydney Career Support Service:** Patient   
Clinical   
[www.nscchealth.nsw.gov.au/carersupport/aboutus/](http://www.nscchealth.nsw.gov.au/carersupport/aboutus/)  
Excellent resource for patients, professionals and carers

**Manly Drug Education & Counselling Centre Support Service:** Patient   
Clinical   
[www.mdecc.org.au](http://www.mdecc.org.au)  
Some good resources for patients and families of patients experiencing drug addiction.

## Organisations

**Australian Practice Nurses Association** Patient   
Clinical   
[www.apna.asn.au](http://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](http://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](http://www.medicalboard.gov.au)

**Australian Divisions of General Practice:** Patient   
Clinical   
[www.agpn.com.au](http://www.agpn.com.au)

**Australian Primary Care Collaboratives:** Patient   
Clinical   
[www.apcc.org.au](http://www.apcc.org.au)

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

# Medical Internet Sites

## Public Health Information Development Unit( PHIDU ):

[www.publichealth.gov.au](http://www.publichealth.gov.au)

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

Patient   
Clinical

## NEHTA:

[www.nehta.gov.au](http://www.nehta.gov.au)

Important information on a variety of e-Health initiatives.

Patient   
Clinical

## Medical Journals

### Australian Doctor:

[www.australiandoctor.com.au](http://www.australiandoctor.com.au)

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

Patient   
Clinical

### Medical Observer:

[www.medicalobserver.com.au](http://www.medicalobserver.com.au)

Good data base of Guidelines and Patient Handouts

Patient   
Clinical

### Australian Prescriber:

[www.australianprescriber.com](http://www.australianprescriber.com)

Excellent subject index, support organisations



Patient   
Clinical

### Pulse+IT Magazine:

[www.pulseitmagazine.com.au](http://www.pulseitmagazine.com.au)

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

Patient   
Clinical

### Good Health Publications:

[www.ghpmedical.com.au](http://www.ghpmedical.com.au)

Excellent range of publications dedicated to Cardiology, Diabetes, Geriatric Medicine, Psychiatric Medicine, Paediatrics and Child Health.

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

Patient   
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### Australian Family Physician:

[www.racgp.org.au/afp](http://www.racgp.org.au/afp)

A useful database for this journal articles and back issues.



Patient   
Clinical

### 6minutes:

[www.6minutes.com.au](http://www.6minutes.com.au)

Fantastic site for daily updates on current medial issues.

Patient   
Clinical

### Common Sense Pathology:

[www.rcpa.edu.au/Publications/CommonSensePathology.htm](http://www.rcpa.edu.au/Publications/CommonSensePathology.htm)

Excellent database of common pathology issues facing health professionals.

Patient   
Clinical

## Technology

### General Practice Computing Group:

[www.gpcg.org.au](http://www.gpcg.org.au)

Very useful information on using, maintaining security of computer systems in General Practice

Patient   
Clinical

## Directories

### Medical Specialists Directory:

[www.aushealthpages.com.au](http://www.aushealthpages.com.au)

Useful online specialist directory covering all states.

Patient   
Clinical

### e-Health Directory:

[www.health-e-directory.com.au](http://www.health-e-directory.com.au)

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

Patient   
Clinical