

The NHS website - Learning guide

This session is a blend of a Learn My Way course and offline practise activities.

Resources:

- A device with internet access
- [Learn My Way Course: The NHS website - a how to guide](https://www.learnmyway.com/courses/nhs-website-a-how-to-guide/)
- [NHS website](https://www.nhs.uk/conditions/back-pain/) - <https://www.nhs.uk/conditions/back-pain/>
- Searching for health advice (handout)

LEARN

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

DO

- Navigate to Learn My Way course The NHS website: a how to guide.
- Complete the first topic of the course:
 - Online health information
- Now, go to [Google.co.uk](https://www.google.co.uk) and search for back pain NHS.
- Complete the last three topics of the course:
 - A healthy lifestyle
 - Discovering health services near you
 - Staying healthy with the NHS website quiz
- Complete the searching for health advice handout.

REFLECT

How did you find the session? 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 NHS website. Why not help others find reliable health information too. There are also further resources to take a look at.

Tip: This website is often updated. You may want to consult it regularly for new information.

Searching for health advice

Search on the [NHS website](https://www.nhs.uk/conditions/back-pain/) (https://www.nhs.uk/conditions/back-pain/) 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