

Alicia McGraw

Z- CH # 23

ON-LINE CONTENT (1H)

Review the assignment and place your answers to the questions in the Z-CH # 23 drop box by 0800 on March 27, 2023.

*In order to receive full credit (1H class time) for this assignment, it must be completed in its entirety by the due date/time assigned. Any assignment not completed in its entirety will result in missed class time.*

Patients often use the Internet to search for health-related issues. Search the Internet for any health-related issue of your choosing. Evaluate the website by answering the following questions:

1. Do the authors have qualifications listed? What are their qualifications? What is the domain? (.gov, .edu, .org)  
-Yes, she has BSN, RN. The domain is .com.
2. When was the site created? When was the site last updated or revised?  
-The site was created over 20 years ago. This article was published on June 22, 2021. This site is constantly updated, if not daily then weekly.
3. Who is the targeted audience? Does the web site present facts or opinions?  
-The target audience of this webpage seems to be middle-aged adults. The format of the website is set up wonderfully in that it is easy to navigate and there is even a section that you can search by alphabetical order. It has an area to click for lab values right on the home page, and states that all of the articles are medically written by healthcare experts and fact checked.
4. How complete and accurate is the content information? Does it agree with other expert sources?  
-The article I looked at was very accurate. It discussed diet options to best accommodate Hashimoto's thyroiditis. It gave numerous options and their explanation. It also listed some pros and cons for each. It does go along with other medical sources I have looked into for Hashimoto's suggested diet. This particular article was also reviewed by an MD.
5. Does the site load quickly? Is it a secured site? Are there graphics, or pictures on the page that serve a purpose? If so what are they and how do they relate to the health issue?  
-This site loaded right when I clicked on the link. It is secure and there are graphics and pictures on the page that go along with the subject. It shows preferred foods in cartoon drawings and it also contains a bulleted list of foods to choose and foods to avoid. It separates the different types of diets to choose from and goes into a little bit of detail describing what they entail. This article is more of a starting point for someone looking to change their dietary intake while trying to control their diagnosis. The author does not state her opinion, but facts, and states when a finding needs more looking into.

[Hashimoto's Disease: What to Eat for Better Management \(verywellhealth.com\)](https://www.verywellhealth.com/hashimotos-disease-what-to-eat-for-better-management/)