

**Unit 8: Nursing Informatics**  
**Z-Chapter 23**  
**ONLINE CONTENT (1 H)**

**Unit Objectives:**

- Discuss trends associated with the computerized electronic record, e-health, and mobile devices. (6,7)\*
- Review the steps in evaluating the validity of a website. (7)\*

\*Course Objectives

**Review Z-chapter 23 the assignment and place your answers to the following questions in the Z-CH # 23 drop box by 0800 on 3/24/2025.**

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)

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20046037>

**For this website the authors do have their qualifications listed. These qualifications include the author and their speciality in healthcare, along with access to each of the editors profiles. The domain of this website is .org.**

2. When was the site created? When was the site last updated or revised?  
**This website was founded in 1998 and the site was last updated this year in 2025.**
3. Who is the targeted audience? Does the web site present facts or opinions?  
**This website has a few different targeted audiences and these include:**

- **Patients and general population**
- **Healthcare professionals**
- **Researchers and scientists**
- **Students and medical trainees**
- **Potential patients and caregivers**

**This website primarily presents facts through evidence based research.**

4. How complete and accurate is the content information? Does it agree with other expert sources? (Provide expert sources you researched.)

**The information in this content appears to be accurate and complete. After reviewing the references used, I believe the information provided is reliable. The sources cited support the claims made, ensuring credibility. Overall, the content presents well-researched and trustworthy information.**

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?

**Yes, the Mayo Clinic website loads quickly and is secure, using HTTPS for safe browsing. It includes helpful images like medical diagrams, infographics, and photos of doctors and patients. These images help make health information clearer and more interesting.**

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