Helping Older Adults Search for Health Information Online

A Toolkit for Trainers

from the National Institute on Aging

WELCOME TO MODULE 8:
MedlinePlus News, Doctors, Hospitals, and Multimedia

In this module, you will find

- An introduction
- A lesson plan for the trainer
- Handouts for students

To teach the module, you will need

- A PC with Internet access for each student and the trainer
- A computer projector and a screen
- A 3-ring binder to store materials

To get started, you should

- Read the Introduction
- Read and print out the lesson plan and insert it in a binder
- Print out and make copies of the handouts for students

Questions or comments about the Toolkit? Contact the National Institute on Aging at (301) 496-1752 or e-mail daileys@nia.nih.gov

MedlinePlus News, Doctors, Hospitals, and Multimedia
INTRODUCTION

MODULE 8: MedlinePlus News, Doctors, Hospitals, and Multimedia

LESSON OVERVIEW

Lesson Goals

In this lesson, students will:

1. Recall the main features of the **MedlinePlus Home Page**.

2. Learn how to find news stories about health in the **News** section.

3. Learn how to find information about doctors, dentists, and hospitals in the **Directories** section.

4. Learn how to access multimedia—videos, tutorials, podcasts, calculators, quizzes, and games.

5. Find answers to health questions of personal interest.

Lesson Materials

In this lesson, students will need:

• **Handout 8A:** *Lesson Goals*
• **Handout 8B:** *Glossary**
• **Handout 8C:** *News Stories*
• **Handout 8D:** *Search for a News Story*
• **Handout 8E:** *Lesson Review with Screen Shots*
• **Pens or pencils**

*This glossary only includes Internet terms relevant to this lesson. An alphabetical list of all glossary terms introduced in the nine Toolkit lessons is available online at www.nihseniorhealth.gov/toolkit.

Lesson Length

This lesson should last:

Approximately 3 hours with two optional stopping points at 70 and 120 minutes (page 20 and page 26). Consider dividing the class into two or three sessions.

Module 8 – Introduction: *MedlinePlus News, Doctors, Hospitals, and Multimedia*
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MODULE 8: MedlinePlus News, Doctors, Hospitals, and Multimedia

LESSON PREPARATION

✔ **Before the lesson, you should:**

☐ **Read over the entire lesson plan.** Also look at the *Lesson Review with Screen Shots* handout to get a quick overview of what students will learn.

☐ **Store the lesson plan** in a 3-ring binder to use while teaching.

☐ **Make copies** of the handouts for students. To avoid distraction, we recommend that you wait to distribute handouts until indicated in the lesson.

☐ **Check out the links** that you and your students will be visiting in the lesson.

✔ **When you arrive in the classroom, you should:**

☐ **Write your name** and the title and level of the lesson on the board. *[Searching for Health Information Online – Lesson 8: MedlinePlus News, Doctors, Hospitals and Multimedia – Intermediate Students]*

☐ **Make sure** your computer projector and students' computers are working and that there is Internet access.

☐ **Set students' screens** to the **MedlinePlus** home page at www.medlineplus.gov*.*

✔ **You should also**

☐ **Read** *Quick Tips for a Senior Friendly Computer Classroom* at www.nihseniorhealth.gov/toolkit*.*

☐ **Watch the short video** *Introducing the Toolkit* at www.nihseniorheatlh.gov/toolkit.

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MODULE 8: MedlinePlus News, Doctors, Hospitals, and Multimedia

LESSON STRUCTURE – Senior Friendly, Trainer Friendly

The senior-friendly lesson structure includes:

- **Set-up activities** to prepare students for learning.
- **Core activities** to teach the website features and how to navigate to them.
- **Practice activities** to let students apply web skills they have learned.
- **Reinforcement activities** to summarize and reiterate the learning.

The trainer-friendly lesson plan features:

- **An easy-to-read layout.**
- **Short, well-defined segments of teaching material per page.**
- **Clearly marked, scripted transition boxes at the top of each page** announcing the next learning point and ensuring a smooth transition between segments.
- **Suggested teaching times for each skill.**
- **Time checks and optional stopping points**, offering flexibility in total class length.
- **Helpful sidebars**, providing teaching and navigation tips and describing the purpose for activities.
- **Meaningful icons.**

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MODULE 8: MedlinePlus News, Doctors, Hospitals, and Multimedia

LESSON STRUCTURE – Senior Friendly, Trainer Friendly

About the Scripted Transition Boxes

This lesson plan uses a combination of scripted and descriptive sections. The colored, scripted transition boxes which appear at the top of each page of the lesson plan are designed as "anchor points," marking the end of one part of the lesson and the start of another. It is important to convey the content in these transition boxes, although you may use your own wording as you become more familiar with the material. The steps that follow each scripted box are descriptive. Move through them according to your personal training style.

This approach is useful in maintaining lesson focus and keeping trainers and students on track. It also makes the lesson plan easy to use.
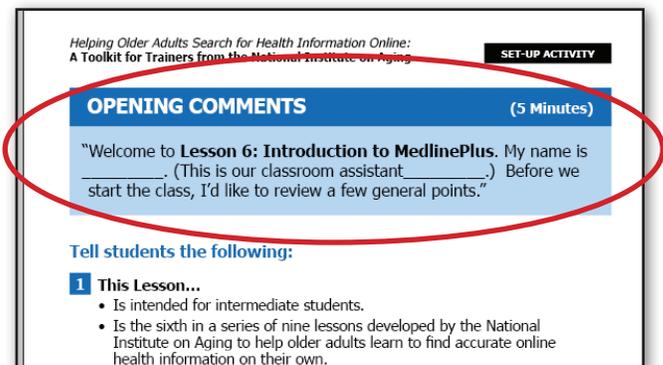
Important Note

In the discussions of health issues that may occur during class, refrain from offering medical advice or advocating specific treatments, physicians, hospitals, insurance plans, etc. Also, discourage this type of activity among students. Always emphasize that students should consult their health care providers about any medical information they may hear about in class or find on the Internet.

Icons Used in the Lesson Plan

Handout required

Trainer demonstrates with computer projector

Students navigate at their computers (with assistance if needed)

Indicates when a discussion should take place

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MODULE 8: MedlinePlus News, Doctors, Hospitals, and Multimedia

REACHING THE OLDER STUDENT

To help your students grasp, apply, and retain the skills and information they are taught, be sure to:

- **Proceed slowly through the lesson.** Some older adults will take longer than younger people to get the knack of using the Internet. If you move too quickly, they may not be able to keep up. They need time to practice and to absorb new information.

- **Circulate to make sure students are following you.** Check students' screens frequently to make sure they are not lost. If possible, arrange to have one or more classroom assistants work with students individually during the lesson.

- **Speak slowly and repeat information as often as necessary.** Don't make assumptions based on students' age. They are learning new skills, and they will probably need to hear the information more than once to retain it.

- **Encourage questions.** Pause frequently to ask if there are questions. After soliciting questions, allow at least 10 seconds for students to formulate them.

- **Create a senior-friendly environment.** It is important to read *Quick Tips for a Senior Friendly Computer Classroom* for help on setting up the classroom to accommodate the needs of older adults.

These training techniques from the lesson can also help you be successful:

- **The use of scripted transition boxes** to announce each new segment helps the class stay focused and on track.

- **Presenting material in small, well-defined steps** makes it easier for students to grasp new skills and information.

- **Frequent summarizing and hands-on practice** helps students retain what they've learned.

- **Handouts and printed screen shots** help students understand and recall what is taught.

- **Group discussions and short dialogues** help put students at ease.

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MedlinePlus News, Doctors, Hospitals, and Multimedia
LESSON PLAN

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SET-UP ACTIVITY

OPENING COMMENTS (5 Minutes)

"Welcome to **Lesson 8: MedlinePlus: MedlinePlus News, Doctors, Hospitals and Multimedia**. My name is _____. (This is our classroom assistant_____.) Before we start the class, I'd like to review a few general points."

Tell students the following:

1 **This Lesson...**

- Is intended for intermediate students.
- Is the eighth in a series of nine lessons developed by the National Institute on Aging to help older adults learn to find accurate online health information on their own.

2 **The Medline Plus website they will visit...**

- Is sponsored by the National Library of Medicine, which is part of the National Institutes of Health, or NIH.
- NIH is part of the U.S. Government's Department of Health and Human Services.

3 **Please be aware that...**

- Online health information is in **no way meant to substitute for medical advice from a doctor**.
- In class discussions, students should **not** attempt to provide medical advice to classmates, however well-intentioned it may be.

4 **Housekeeping Issues...**

- Class will last about ___minutes with stretch break(s) lasting ___minutes.
- Bathroom breaks can be taken anytime. Restrooms are located_____.

5 **Ask students if they have any questions.**

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SET-UP ACTIVITY

INTRODUCTIONS   (3 Minutes)

"Before we get started, let's introduce ourselves."

1 Introduce yourself, giving your name and your experience teaching computers and the Internet. If you have a classroom assistant or peer coach, introduce that person.

2 Ask students to give their names and tell whether they are at a beginning, intermediate, or advanced level with regard to their Internet experience.

3 If time permits, ask each student to tell something about his or her background (family, work, travels, education…), why they decided to take this class, and what they hope to learn.

Purpose of Activity
- Introductions help students feel more at ease.
- Sharing computer or Internet experience may help the class be patient with less experienced students who need more time with an activity.

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SET-UP ACTIVITY

CLASS PROCEDURES   (3 Minutes)

"Let's talk for a moment about how the class will proceed. You will be learning new ways to use technology, and in order for everyone to be successful, here are some things we need to do."

Tell students the following:

1 **To make sure everyone grasps the information and learns the skills...**

- We will proceed in a step-by-step manner and at a slow-to-moderate pace.
- I (or my assistant) will circulate frequently during class to make sure everyone is keeping up with the lesson.
- There will be plenty of hands-on practice activities to let you apply the skills that you learn.
- There will be plenty of handouts to help you learn the skills while in class and to use as a reference once you leave class.

2 **As students, you should...**

- Feel free to raise your hand and ask a question if you do not understand something.
- Feel free to ask me to repeat anything I've said.
- Not worry about hurting the equipment because it is very sturdy.
- Not worry about making mistakes because that is to be expected when learning a new technology.
- Have a binder or folder to store the handouts you will receive.

3 **Ask students if they have any questions about class procedures.**

Purpose of Activity

To communicate expectations, put students at ease, and facilitate learning.

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SET-UP ACTIVITY

TAKE-HOME ASSIGNMENT   (5 Minutes)

"Let's go over the homework assignment from the last lesson."

1 Restate the take-home assignment from Module 7.
   - Finding information on a drug, supplement, or medical test of their choice on **MedlinePlus**.

2 Ask students to share the results of their take-home assignments with the class.

3 Ask students to share any questions about navigating the **MedlinePlus** website or finding the information they were searching for. Respond to their questions.

Note
- This activity assumes use of the previous module. If you did not teach that module, you can skip this activity.

Purpose of Activity
- Let's you see how well students understood the previous lesson.
- Serves as a kind of icebreaker, promoting interactivity and discussion early in the class.
- Let's you see what you might need to emphasize in the first parts of this lesson.

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SET-UP ACTIVITY

LESSON GOALS   (2 Minutes)

"This lesson will introduce you to the sections of **MedlinePlus** where you can find news articles about health and locate information about doctors, dentists, and hospitals. You will also learn how to access multimedia -- videos, tutorials, podcasts, calculators, quizzes, and games about health information. **MedlinePlus** is a website sponsored by the National Library of Medicine at the U.S. National Institutes of Health."

Pass out Handout 8A: Lesson Goals.

1 Go over the handout with students.

Purpose of Activity

• Focuses students on what they will learn.
• Introduces goals that you can return to throughout the lesson.

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SET-UP ACTIVITY

INTERNET TERMS　　　　　　　　　　　　　(5 Minutes)

"Before we actually get into the heart of the lesson, let's review a few basic Internet terms."

Pass out Handout 8B: Glossary

1 Knowing the meaning of these Internet terms will help students understand the lesson. In addition to reviewing new terms (marked with ***), you may wish to go over terms from this list that were introduced in previous lessons to help students recall their meaning.

2 You may want to demonstrate the terms for students from your computer projector.

INTERNET TERMS

1 **back arrow**
2 **button**
3 **drop down list *****
4 **link (or hyperlink)**
5 **menu**
6 **scroll**
7 **scroll bar**
8 **search box**
9 **window**
10 **video controls *****

Tips for Glossary Review

- Refer students to the page and item number of the term.
- Make sure students locate the term.
- Read, or have a student read, the definition aloud. Point out details in the illustration or on your computer screen.
- Tell students they will understand these terms better as they use them in the lesson.

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SET-UP ACTIVITY

THINKING ABOUT MEDICAL ISSUES (8 Minutes)

"Before we look at the website, I'd like to have you jot down some information."

Pass out Handout 8C: News Stories.

1 Ask students to complete the handout.

2 Ask students to briefly discuss their responses with their neighbor. Or, have them share them with the class.

Purpose of Activity
- Engages students by focusing them on a health issue of personal interest.
- Prepares students for the *Independent Practice Activity*.

TIME CHECK   **30 minutes elapsed; about 1 hour, 40 minutes left.**

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CORE ACTIVITY

REVIEW OF THE HOME PAGE   (3 Minutes)

"We are going to start with **Goal 1** – a review of the main features of the **Home Page** for **MedlinePlus**.

Take a look at your computer screens. You should see the **Home Page** of the **MedlinePlus** website. This website contains links to over 800 health topics."

1 Make sure students' screens are set to **MedlinePlus** at www.medlineplus.gov.

2 Point out and describe these features on the **Home Page**:
- The 3 broad categories – Mention each one by name (*Health Topics, Drugs and Supplements, and Videos and Cool Tools*)
- Medical Dictionary
- About Your Health
- Health News
- Popular Searches (large size indicates the most searched topics)
- Stay Connected
- The **Search MedlinePlus Box**
- The link to **NIHSeniorHealth**

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CORE ACTIVITY

FINDING NEWS STORIES BY DATE   (10 Minutes)

"Now we'll move to **Goal 2** – learning how to find news stories about health on **MedlinePlus**."

1 Demonstrate as students navigate with you. Point out the most recent news stories on the **Home Page** under **Health News**. Click on one of the stories and briefly read, or have a student read, the first two paragraphs. Return to the **Home Page** by clicking Home at the top of the page or the back button.

2 Click on More Health News at the bottom of the **Health News** section to go to "Latest Health News". News articles on this page are arranged by date, starting with the most recent articles first.

3 Scroll down the page, pointing out the dates and reading the titles of a few articles.

4 Ask students to choose an article they would like to read and click on it. Give them a few minutes to read the article silently.

5 When they have finished, have them click on the back button to return to the "Latest Health News" page.

6 If the news story opens in a window, you may need to show students how to exit (close) the window.

7 Ask if there are any questions about how to find articles by date.

8 Have students return to the **Home Page**.

How to Close, Minimize, and Restore a Window (optional)

- Click on the ❌ in the upper right-hand corner of the window, and it will close.
- Click on the ▬ sign, and the window will minimize down to the status bar at the bottom of the screen.
- Click on the 🗗 sign to restore the window to its normal size.

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CORE ACTIVITY

FINDING NEWS STORIES BY HEALTH TOPIC
(10 Minutes)

"We have seen how to find news articles by date. Now, let's find news articles by topic."

1 Demonstrate for students.

2 Select a health topic to search, such as high blood pressure. At the bottom of the **Health News** section on the **Home Page**, click on More Health News. Then scroll to the bottom of the page and click on Health news by topic. Tell students they can find news stories listed in alphabetical order by topic on this page.

3 Show students how to locate news stories on a selected topic by:
- Clicking on the first letter of the health topic (i.e. "H" for high blood pressure).
- Scrolling down until you find the heading for the topic.
- Clicking on a news story under that heading.

4 Repeat the demonstration, this time asking students to navigate along with you at their computer. Give them time to scan the news story you selected.

5 If the news story opens in a window, you may need to show students how to exit (close) the window.

6 After students have scanned the story, show them how to return to the **Home Page**.

How to Close, Minimize, and Restore a Window (optional)
- Click on the ❌ in the upper right-hand corner of the window, and it will close.
- Click on the ➖ sign, and the window will minimize down to the status bar at the bottom of the screen.
- Click on the ◱ sign to restore the window to its normal size.

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REINFORCEMENT ACTIVITY

SUMMARIZING
(5 Minutes)

"Now, let's take a look at the **Lesson Goals** to see what we have learned so far."

1 Demonstrate and summarize the learning objectives for **Goals 1** and **2**:
- Recalling the features of the **Home Page**
- Finding a news story by date
- Finding a news story by topic

2 Ask students if they have any questions.

Refer to Handout 8A: Lesson Goals.

3 Ask students to check off **Goals 1** and **2** on their handout.

Purpose of Activity
- Lets students know what they should have grasped by this point in the lesson.
- Gives students another chance to ask questions about material already covered.
- Lets you see what goals might need further explanation.
- Gives students a sense of accomplishment.
- Keeps the class on track.

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PRACTICE ACTIVITY

INDEPENDENT PRACTICE ACTIVITY   (10 Minutes)

"Now, you'll have an opportunity to practice finding information about the news story that you expressed interest in at the beginning of class."

1 Make sure students' screens are on the **Home Pag**e.

Refer to Handout 8D: Search for A News Story.

2 Read the steps on **Handout 8D** to the class to familiarize them with the activity.

3 Do step #1 together: have students recall the news story they wrote down on **Handout 8C** at the beginning of the class and write it in the space provided. Ask students to complete the rest of the activity independently.

4 Once students have completed the activity, ask them to share the story they researched and what they found.

5 Also ask them what was easy and what may have been more difficult about their search, and clear up any questions they may have.

Purpose of Priming Activity
- Familiarizing students with the steps in the activity beforehand primes, or prepares them, for the activity and increases the likelihood they will be successful at it.

OPTIONAL STOPPING POINT   **1 hour, 10 minutes elapsed; approximately 2 hours left.**

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CORE ACTIVITY

FINDING A DOCTOR OR DENTIST USING DIRECTORIES

(5 Minutes)

"Now, we will move to **Goal 3** – learning how to find information about doctors, dentists, and hospitals.

Let's take a look at the **Directories** section, a place on **MedlinePlus** where you can find this type of information."

1 Demonstrate for students. At the bottom of the **Home Page**, click on Directories and read aloud the paragraph describing the information provided. Scroll down the page, pointing out the various categories under **Directories**.

2 Click on Doctors and Dentists – General and show students how to locate information about a doctor or dentist on the website you pre-selected. In your demonstration, use the name of an actual doctor or dentist.

3 Return to the **Directories** page. You may need to remind students how to exit (or close) the window of the website you opened.

Before class, remember to...

- Select a website under the **Doctors and Dentists** – **General section**, and input the name of an actual doctor or dentist.
- Perform the search for the doctor or dentist **before** teaching the class to make sure you know how the search will work.
- Select a website that does not require too many inputs from students.

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CORE ACTIVITY

FINDING A DOCTOR OR DENTIST USING DIRECTORIES (contd.)   (10 Minutes)

"Now I'd like you to do the search along with me."

1 Ask students to return to the **Home Page**.

2 Repeat the demonstration leading to the same doctor or dentist. Ask students to navigate along with you at their computer.

3 You may need to assist students with any drop down boxes they find.

4 If the website opens in a window, you may need to show students how to exit (close) the window.

5 When they have finished, ask students to return to the **Home Page**.

How to Close, Minimize, and Restore a Window (optional)
- Click on the ❌ in the upper right-hand corner of the window, and it will close.
- Click on the ➖ sign, and the window will minimize down to the status bar at the bottom of the screen.
- Click on the ⧉ sign to restore the window to its normal size.

Teaching Tip
- Proceed **slowly** through each step.
- Walk around to students' computer screens and provide assistance where needed.

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CORE ACTIVITY

FINDING A HOSPITAL USING DIRECTORIES

(3 Minutes)

"Let's take another look at the **Directories** section. This time we will look for information about hospitals."

1 Demonstrate for students. From the **Home Page**, click on **Directories**. Click on Hospitals and Clinics-General and show students how to locate information about a hospital on the website you selected. In your demonstration, use the name of an actual hospital.

2 Return to the main **Directories** page.

Before class, remember to...

- Select a website under the **Hospitals and Clinics – General** section, and search for information about an actual hospital.
- Perform the search **before** teaching the class to make sure you know how the search will work.
- Select a website that does not require too many inputs from students.

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CORE ACTIVITY

FINDING A HOSPITAL USING DIRECTORIES (contd.)   (5 Minutes)

"Now try searching for a hospital along with me."

1 Ask students to return to the **Home Page**.

2 Repeat the demonstration leading to the same hospital. This time, ask students to navigate along with you at their computers.

3 You may need to assist students with any drop down boxes they find.

4 If the website opens in a window, you may need to show students how to exit (close) the window.

5 When they have finished, ask students to return to the **Home Page**.

How to Close, Minimize, and Restore a Window (optional)
- Click on the ❌ in the upper right-hand corner of the window, and it will close.
- Click on the 🗕 sign, and the window will minimize down to the status bar at the bottom of the screen.
- Click on the 🗗 sign to restore the window to its normal size.

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PRACTICE ACTIVITY

INDEPENDENT PRACTICE ACTIVITY (10 Minutes)

"Now, you'll have an opportunity to practice finding information on your own using the **Directories**."

1 Ask students to use the **Directories** to find information about a doctor, dentist, or hospital using one of the websites you just visited together.

2 Ask students to write down one piece of information they find, and ask them to share it with their neighbor or with the class.

3 Also ask what was easy and what may have been more difficult about the exercise. Clear up any questions students may have.

Teaching Tip

- This activity may be challenging for intermediate students, and since they will not have a handout to guide them, you may want to give them extra time to complete it, or have them work in pairs.

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REINFORCEMENT ACTIVITY

SUMMARIZING   (5 Minutes)

"Now let's take a look at the **Lesson Goals** to see what we have accomplished so far."

1 Demonstrate and summarize and the following learning objectives for **Goal 3**:
- Finding the **Directories** page
- Finding information about a doctor or dentist
- Finding information about a hospital

2 Ask students if they have any questions.

Refer to Handout 8A: Lesson Goals.

3 Ask students to check off **Goal 3** on their handout.

OPTIONAL STOPPING POINT   **Approximately 2 hours elapsed; 1 hour left.**

Purpose of Activity
- Lets students know what they should have grasped by this point in the lesson.
- Gives students another chance to ask questions about material already covered.
- Lets you see what goals might need further explanation.
- Gives students a sense of accomplishment.
- Keeps the class on track.

Module 8 – Lesson Plan: *MedlinePlus News, Doctors, Hospitals, and Multimedia*
Go to **www.medlineplus.gov**
To download Toolkit materials, go to www.nihseniorhealth.gov/toolkit

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ACCESSING MEDLINEPLUS MULTIMEDIA — VIDEOS
(5 Minutes)

"Now we will move to **Goal 4**—learning how to access multimedia on MedlinePlus. This includes videos, tutorials, calculators, podcasts, quizzes, and games about health.

"We will start with videos".

NOTE: Your computers will need to have FLASH software to play some of the videos.

1 Demonstrate for students. On the Home Page, click on <u>Videos and Cool Tools</u>.

2 Read aloud the introductory paragraph describing what is available in this section.

3 Start by pointing out and describing the video sections on the page:

A. **Health Day TV**—60-second health videos that change daily.

B. **Anatomy Videos**—animations of body parts and organ systems

C. **Surgery Videos**—hour-long webcasts of surgical operations

D. **NIHSeniorHealth Videos**—health issues affecting older adults

4 Using the **Health Day TV** video as an example, show students how to play, pause, stop, and mute the video.

5 Point out the slider that fast forwards or rewinds the video.

6 Point out the open captioning that is available to aid understanding.

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CORE ACTIVITY

ACCESSING MEDLINEPLUS MULTIMEDIA — VIDEOS

(8 Minutes)

"Now, let's have you try this along with me."

1 Repeat the demonstration, this time asking students to access the **Health Day TV** video with you. Let them play, pause, stop and mute the video and use the open captioning. Let them move the slider. Then let them watch the video once through on their own.

2 If there is time, repeat with one or more videos from the other video sections. (The **NIHSeniorHealth** videos are especially easy for older adults to use.) Let students watch one or two videos on their own.

3 Ask students if they have any questions on how to watch the videos.

4 When you have finished responding to questions about the videos, ask students to return to the **Home Page**.

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CORE ACTIVITY

ACCESSING MEDLINEPLUS MULTIMEDIA — TUTORIALS (5 Minutes)

"Now let's look at tutorials. MedlinePlus tutorials are self-paced learning exercises about health issues."

NOTE: Your computers will need to have FLASH software to play the tutorials.
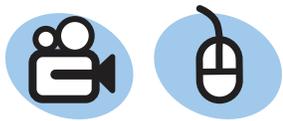
1 Demonstrate as students navigate with you. On the **Home Page**, click on Videos and Cool Tools.

2 Point out the tutorials on the page:
- **Interactive Tutorials** located just above the videos
- **Understanding Medical Words** located on the right
- **Evaluating Health Information** located on the right

3 Open each of the tutorials and read the description.

4 Select ONE tutorial to focus on. Lead students through a few pages of the tutorial. Let them continue on their own.

5 Ask students if they have any questions. If there is time, show them how to use another tutorial.

6 Ask students to return to the **Home Page**.

Before class, remember to...
- Check out the tutorials to make sure you know how they work. Select the one you plan to demonstrate and familiarize yourself with it.

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Go to **www.medlineplus.gov**
To download Toolkit materials, go to www.nihseniorhealth.gov/toolkit

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CORE ACTIVITY

ACCESSING MEDLINEPLUS MULTIMEDIA — PODCASTS

(5 Minutes)

"Now let's look at podcasts. Podcasts are audio (and sometimes video) programs that you can download and listen to on your computer or your mobile device. The MedlinePlus **Director's Comments Podcast** is an audio program that features weekly health updates from the Director of the National Library of Medicine, which produces MedlinePlus."

NOTE: Your computers will need to have Quicktime software to play the podcast.

1 Demonstrate as students navigate with you.

2 Point out the **Director's Comments Podcast** button. Click on it and read aloud the introductory description on the podcast page.

3 Click on the "Listen" button of one of the podcast titles and listen to some or all of it.

4 Explain that podcasts can be delivered to your computer, Mp3 player, or other mobile device if you subscribe to a "feed" (delivery service) that sends them to you.

5 If your students are interested, let them read the paragraphs under the podcast titles to learn how they can receive the **Director's Comments Podcast**.

6 Answer any questions students may have.

Before class, remember to...

- Check out the podcasts to make sure you know how they work. Listen to the one you plan to demonstrate to familiarize yourself with it.

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CORE ACTIVITY

ACCESSING MEDLINEPLUS MULTIMEDIA — CALCULATORS & QUIZZES   (10 Minutes)

"Now let's look at calculators and quizzes."

1 Demonstrate as students navigate with you. On the **Home Page**, click on <u>Videos and Cool Tools</u>.

2 Point out the **Calculators and Quizzes** section. Show students how to see the full list of calculators and quizzes by clicking on <u>All Calculators and Quizzes</u>.

3 Select ONE calculator or quiz to focus on. Ones that might be useful for older adults include:
- **Build Your Question List**
- **Calculate Your Body Mass Index**
- **Cholesterol IQ Quiz**

4 Show students how to use the selected calculator or quiz. After you get them started, let them proceed on their own, providing them with assistance where needed.

5 If there is time, show them how to use another calculator or tutorial.

6 When they have finished, respond to any questions.

7 Ask students to return to the **Home Page**.

Before class, remember to...
- Check out the calculators and quizzes to make sure you know how they work. Select the one you plan to demonstrate and familiarize yourself with it.

Module 8 – Lesson Plan: *MedlinePlus News, Doctors, Hospitals, and Multimedia*   **31**
Go to **www.medlineplus.gov**
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CORE ACTIVITY

ACCESSING MEDLINEPLUS MULTIMEDIA – GAMES
(10 Minutes)

"Now let's look at games."

1 Demonstrate as students navigate with you. On the **Home Page**, click on Videos and Cool Tools.

2 Point out the **Games** section. Show students how to see the full list of calculators and quizzes by clicking on All games.

3 Select ONE game to focus on. Many are aimed at young people. Ones that might be useful for older adults include:
- **Ear Pages** under letter "A"
- **Vitamin B-1** under letter "B"
- Play the **Electrocardiogram Game** under letter "H"
- Play the **Immune System Defender Game** under letter "I"

4 Show students how to use the selected game. After you get them started, let them proceed through on their own, providing them with assistance where needed.

5 If there is time, show them how to use another game.

6 When they have finished, respond to any questions.

7 Ask students to return to the **Home Page**.

Before class, remember to...
- Check out the games to make sure you know how they work. Select the one you plan to demonstrate and familiarize yourself with it.

Module 8 – Lesson Plan: *MedlinePlus News, Doctors, Hospitals, and Multimedia*
Go to **www.medlineplus.gov**
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REINFORCEMENT ACTIVITY

SUMMARIZING   (5 Minutes)

"Now let's take a look at the **Lesson Goals** to see what we have accomplished so fars."

1 Demonstrate and summarize and the following learning objectives for **Goal 4**:

- Learning how to access **MedlinePlus** multimedia

2 Ask students if they have any questions about how to use:

- **Videos**?
- **Tutorials**?
- **Podcasts**?
- **Calculators and Quizzes**?
- **Games?**

Refer to Goal 4: Lesson Goals

3 Ask students to check off **Goal 4** on their handout.

Purpose of Activity
- Lets students know what they should have grasped by this point in the lesson.
- Gives students another chance to ask questions about material already covered.
- Lets you see what goals might need further explanation.
- Gives students a sense of accomplishment.
- Keeps the class on track.

Module 8 – Lesson Plan: *MedlinePlus News, Doctors, Hospitals, and Multimedia*   **33**
Go to **www.medlineplus.gov**
To download Toolkit materials, go to www.nihseniorhealth.gov/toolkit

CHEKCING FOR UNDERSTANDING – NEWS

(5 Minutes)

"Let's do some exercises that will help you recall how to search for news articles on MedlinePlus."

1 Have students lead you to news stories by date and then by topic.

Starting at the Home Page, ask students the following questions. As they provide each answer, demonstrate for them by clicking on the appropriate link at your computer projector.

A. "Where do I go to find news stories about health?"
*(Answer: To "Health News" on the right side of the **Home Page**.)*

B. "Where do I click to find news articles by date?"
(Answer: Click on more health news.)

C. "Where do I go to find news stories by topic ?"
(Answer: Scroll to the bottom of the "Latest Health News" page and click on Health news by topic.)

D. "How do I find a topic about falls on this page?"
(Answer: Go to the alphabet and click on "F". Scroll to the "Falls" category.)

2 Once students have located a story about falls, ask them to return to the **Home Page**.

Purpose of Activity
- Lets students apply the skills they have learned.
- Questions that students fail to respond to easily during the Q &A will reveal areas that still need reinforcing.

Module 8 – Lesson Plan: *MedlinePlus News, Doctors, Hospitals, and Multimedia*   **34**
Go to **www.medlineplus.gov**
To download Toolkit materials, go to www.nihseniorhealth.gov/toolkit

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REINFORCEMENT ACTIVITY

CHEKCING FOR UNDERSTANDING – DIRECTORIES

(5 Minutes)

"Let's do an exercise that will help you recall how to search for doctors and dentists on MedlinePlus."

1 Using your computer projector, choose a link under **Doctors and Dentists - General** or **Doctors and Dentists - Specialists**.

2 Ask a student to suggest the name of an actual doctor or dentist. Demonstrate for the class how to locate information about that person. Ask students to navigate along with you at their computers.

3 Address any final questions students may have.

Module 8 – Lesson Plan: *MedlinePlus News, Doctors, Hospitals, and Multimedia*
Go to **www.medlineplus.gov**
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REINFORCEMENT ACTIVITY

CHEKCING FOR UNDERSTANDING – MULTIMEDIA (VIDEOS)

(3 Minutes)

"Let's continue with an exercise that will help you recall how to use multimedia tools on MedlinePlus."

1 Starting at the **Home Page**, ask students the following questions. As they provide each answer, demonstrate for them by clicking on the appropriate link at your computer projector.

A. "Name some of the multimedia tools you can find on MedlinePlus." *(Answer: Videos, tutorials, podcasts, calculators, quizzes and games.)*

B. "Where can you find these multimedia tools on MedlinePlus?" *(Answer: Click on Videos and Cool Tools.)*

C. "How do you play a video?" *(Answer: By clicking on the play ▷ button.)*

D. "How do you pause a video?" *(Answer: By clicking on the pause ‖ button.)*

E. "How do you close a video?" *(Answer: By clicking on the X in the upper right corner or on "close".)*

F. "How do you fast forward or rewind a video?" *(Answer: By positioning your cursor on the slider and dragging it to the right [fast forward] or left [rewind].)*

G. "How do you operate the open captioning on a video?" *(Answer: By clicking on the captioning button. Also, some videos may not have captioning but have transcripts which allow you to read the script.)*

Module 8 – Lesson Plan: *MedlinePlus News, Doctors, Hospitals, and Multimedia*
Go to **www.medlineplus.gov**
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REINFORCEMENT ACTIVITY

CHEKCING FOR UNDERSTANDING – MULTIMEDIA (TUTORIALS, PODCASTS, CALCULATORS, QUIZZES AND GAMES) (5 Minutes)

"Let's continue with the review exercise on MedlinePlus multimedia tools."

H. "Point to a tutorial. Describe what it does."
*(Answer: Tutorials include **Interactive Tutorials**, **Understanding Medical Words** and **Evaluating Health Information**. **MedlinePlus** tutorials are self-paced learning exercises about health issues.)*

I. "Point to a podcast. Describe what it is."
*(Answer: The **Director's Comments Podcast** is a podcast. A podcast is an audio program that you can download and listen to on your computer or your mobile device.)*

J. "Where can you find calculators and quizzes? Games?
(Answer: On the right hand side of the Videos and Cool Tools page.)

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Go to **www.medlineplus.gov**
To download Toolkit materials, go to www.nihseniorhealth.gov/toolkit

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REINFORCEMENT ACTIVITY

WRAPPING UP   (5 Minutes)

"Today you've learned some basics of navigating the **MedlinePlus** website. You've learned

1 About the main features of the **MedlinePlus Home Page**
2 How to find news stories about health
3 How to find information about doctors and dentists
4 How to find information about hospitals
5 How to find and use multimedia tools.

You've also succeeded in doing online research on health issues of interest to you.

Pass out Handout 8F: Lesson Review with Screen Shots.

1 Read the cover description, **How to Use This Handout**, to students.

2 Go over each screen shot, reading the captions to remind students of the navigation steps they learned on each page. (You do **not** need to refer back to the computer screen at this point.)

3 Encourage students to use this handout as a reference when practicing the skills they learned in this lesson.

Purpose of Activity

- Summarizes all of the skills taught in the lesson.
- Handout gives students a visual map of the lesson to remind them of the web pages visited and the skills learned.

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REINFORCEMENT ACTIVITY

WRAPPING UP (contd.)   (5 Minutes)

"The **MedlinePlus** website has many more features. Check under other sections of the website on your own to see more.

Remember, always check with your doctor or health care provider about health information you find on the Internet.

Here is your take-home assignment, which will give you more practice with the skills you've learned today."

1 Ask students to find a recent news story or watch a video about a disease or condition of their choice and bring back one piece of important information about it. Tell them to be sure to write down the source of the information.

2 Ask students how they would get to **MedlinePlus**.
Answer: Go to www.medlineplus.gov

3 Remind them that the address of the website can be found at the bottom of their handouts.

Teaching Tip
• You may wish to write the take-home assignment and URL for **MedlinePlus** on the board.

END OF LESSON 8

Module 8 – Lesson Plan: *MedlinePlus News, Doctors, Hospitals, and Multimedia*   **39**
Go to **www.medlineplus.gov**
To download Toolkit materials, go to www.nihseniorhealth.gov/toolkit

MedlinePlus News, Doctors, Hospitals, and Multimedia
HANDOUTS

HANDOUT 8A: Lesson Goals

During this lesson, you will:

_____ **1** Recall the main features of the **MedlinePlus Home Page**.

_____ **2** Learn how to find news stories about health in the **News** section.

_____ **3** Learn how to find information about doctors, dentists, and hospitals in the **Directories** section.

_____ **4** Learn how to access multimedia—videos, tutorials, podcasts, calculators, quizzes, and games.

_____ **5** Find answers to health questions of personal interest.

Module 8 – Handouts: *MedlinePlus News, Doctors, Hospitals, and Multimedia*
Go to **www.medlineplus.gov**
This course for older adults was developed by the National Institute on Aging.

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HANDOUT 8B: Glossary

1 **Back Arrow**

This arrow, often green, is found at the top of most browsers. When you click on the back arrow, it takes you back – in order – through all of the web pages you've seen. (Sometimes called the back button.)


2 **Button**

Small box that looks like it's being depressed when you select it. Buttons can turn on (and turn off) many types of functions on the Internet.

Module 8 – Handouts: *MedlinePlus News, Doctors, Hospitals, and Multimedia* **H-2**
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HANDOUT 8B: Glossary

3 **Drop Down List**

A list of items from which you can make selections.

A. When you first see a box containing a drop down list, the box will be empty or may display only a single item.

B. To see a list of choices, left click on the arrow in the box and hold. The list of choices will display above or below the box.

C. Keeping your left index finger pressed on the mouse, move the cursor to the desired choice (In this case, a quantity of 3 booklets).

D. Release your left index finger from the mouse, and your selection will appear in the box. The full list of choices will disappear.
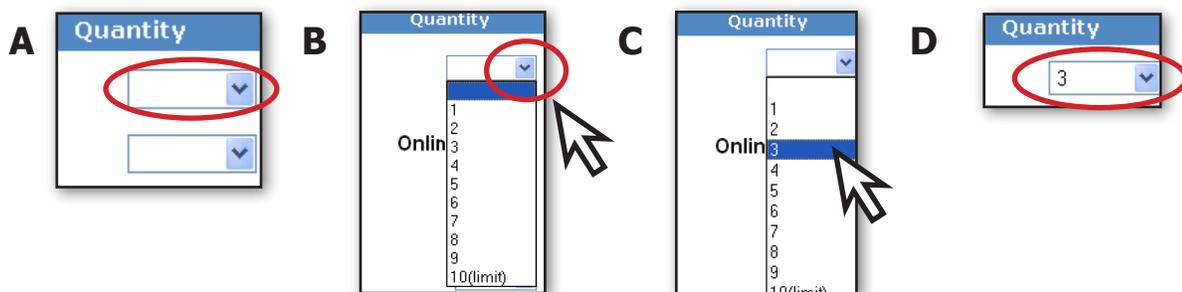
4 **Link (or hyperlink)**

A highlighted or underlined feature on a web page that, when clicked, will take you to another web page. A link most often appears as underlined words or an image.

One sure way to tell if something is a link or not: Whenever your cursor turns into a pointing hand, the image or word you are pointing to is a link.

Module 8 – Handouts: *MedlinePlus News, Doctors, Hospitals, and Multimedia*   **H-3**
Go to **www.medlineplus.gov**
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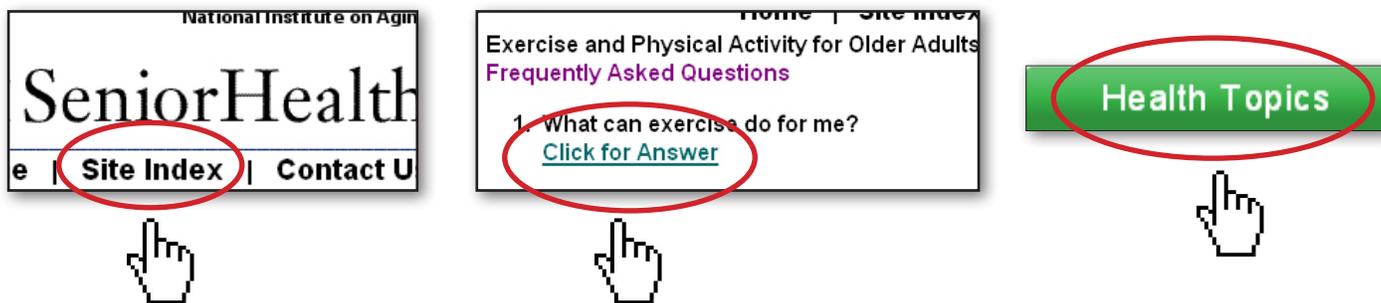
HANDOUT 8B: Glossary

5 **Menu**

A list of options, or topics, on a website that users can choose from.
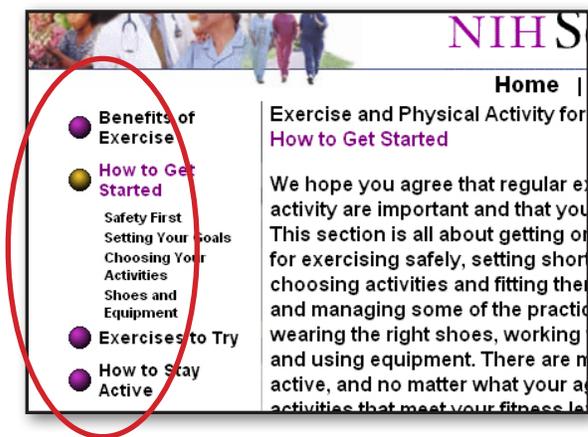
6 **Scroll**

To move text or other information on a computer screen up, down, or sideways, with new information appearing as the old disappears.

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HANDOUT 8B: Glossary

7 Scroll Bar

A narrow, rectangular bar on the right edge and bottom edge of a web page that lets you move the page to see more of the information it contains. The scroll bar on the right moves the web page up and down, and the scroll bar on the bottom moves the web page right and left.


Scroll Bar

Scroll Bar
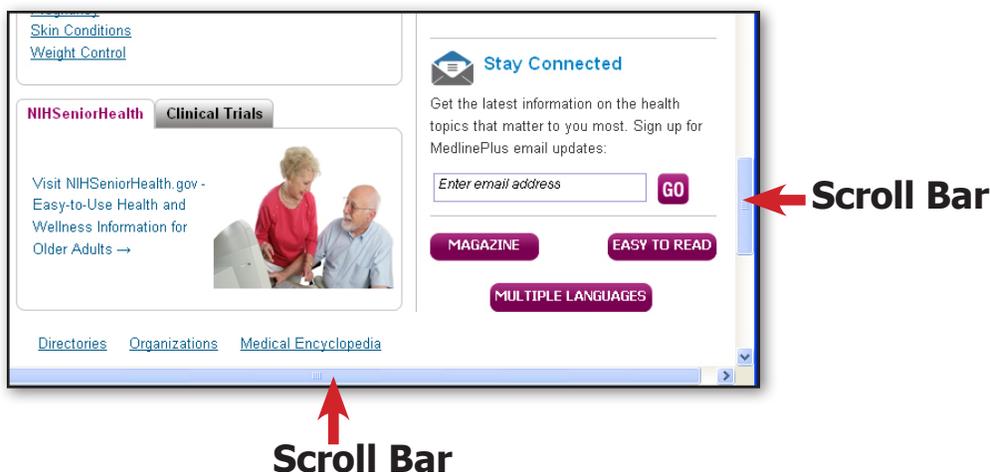
8 Search Box

A small rectangular blank space on a web page where you can type in a word or phrase to look for. Clicking on the button next to the search box (or hitting the Enter key on the keyboard) will take you to a page where that information is located.

Module 8 – Handouts: *MedlinePlus News, Doctors, Hospitals, and Multimedia*
Go to **www.medlineplus.gov**
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**H-5**
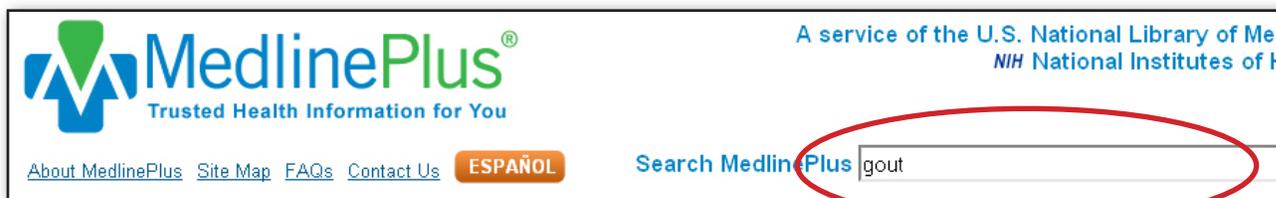
HANDOUT 8B: Glossary

9 Window

A framed area of a computer screen that appears in front of the web page. Sometimes the appearance of a window means that you have entered another website. At other times, it means you may still be on the same website.
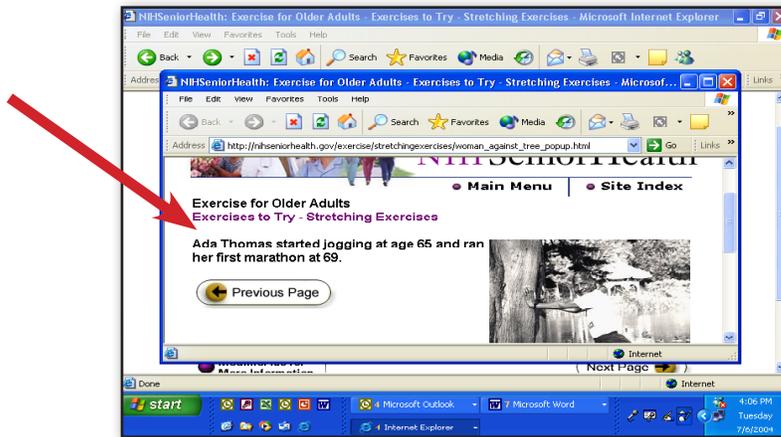
10 Video Controls

These are controls which let you watch videos online. They include buttons which let you play, pause, stop, and mute a video and turn the captioning on and off. There is also a slider that lets you rewind and fast forward a video. Not all videos include each of these features.

Play button

Video Controls (enlarged)

Play/Pause   **Stop**   **Slider**   **Mute**   **Captioning**

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HANDOUT 8C: News Stories

1 There are health stories in the news everyday. Name one recent health story you would like to know more about.

_____

2 What specifically would you like to know about this story?

_____

_____

_____

_____

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H-7

HANDOUT 8D: Search for a News Story

1   Look at **Handout 8C** to recall the health story you wanted more information about. Write it here.

_____

2   From the **Home Page** in the "**Health News**" section, click on More health news.

3   You should now be on the "**Latest Health News**" page.

4   Scroll to the bottom of the page and click on Health news by topic.

5   Using the alphabet at the top of the page, click on the first letter of the news topic you are interested in (i.e., "E" for exercise).

6   Scroll down until you find the title for your topic.

7   Scan the articles under that topic.

8   Click on an article that looks interesting to you and read it.

9   Jot down **one** piece of information you find important.

_____

_____

10   Exit the article using the back button or, if you are reading the article on another website, click on the **X** in the upper right-hand corner of the **inside** window.

11   Scroll back up to the top of the page.

12   Click on the Home link at the top of the page to return to the **Home Page**.

Module 8 – Handouts: *MedlinePlus News, Doctors, Hospitals, and Multimedia*   **H-8**
Go to **www.medlineplus.gov**
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MedlinePlus News, Doctors, Hospitals, and Multimedia
LESSON REVIEW WITH SCREEN SHOTS
Handout 8E

How to Use this Handout

- Use this handout to help you review the lesson.
- The screen shots (pictures of web pages) will help you recall the places you visited in class, and the descriptions will remind you of the navigation skills you learned.
- You may wish to refer to this handout when searching the website you visited in class.
- If you have questions about how to navigate any of these pages, write your questions in the spaces provided and bring them to the next class.

LESSON REVIEW   MedlinePlus News, Doctors, Hospitals, and Multimedia

1 You went to the **MedlinePlus** website at www.medlineplus.gov.

You learned about some of the features on the **MedlinePlus Home Page,** including the (1) 3 broad categories; (2) Search **MedlinePlus** Box; (3) About Your Health, (4) Health News section
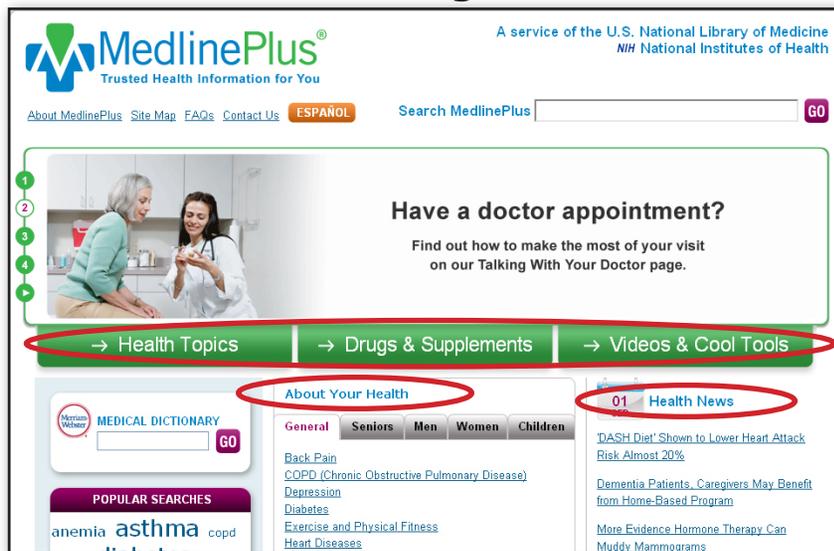
2 You learned that you could find the latest news stories on the **Home Page** under **Health News**.

Screen Shot 1: **Home Page**

Screen Shot 2: **Health News**

Your Question(s) _____

_____

Module 8 – Screen Shots: *MedlinePlus News, Doctors, Hospitals, and Multimedia*
Go to **www.medlineplus.gov**
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LESSON REVIEW   MedlinePlus News, Doctors, Hospitals, and Multimedia

3 You learned that you could find many more news stories about health information by clicking on More Health News.

4 You learned that clicking on More Health News would take you to the "Latest Health News" page, where you could scroll down to search for health news by date.

Screen Shot 3: **Link to More Health News**

Screen Shot 4: **Latest Health News Page**

Your Question(s) _____

_____

Module 8 – Screen Shots: *MedlinePlus News, Doctors, Hospitals, and Multimedia*
Go to **www.medlineplus.gov**
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S-2
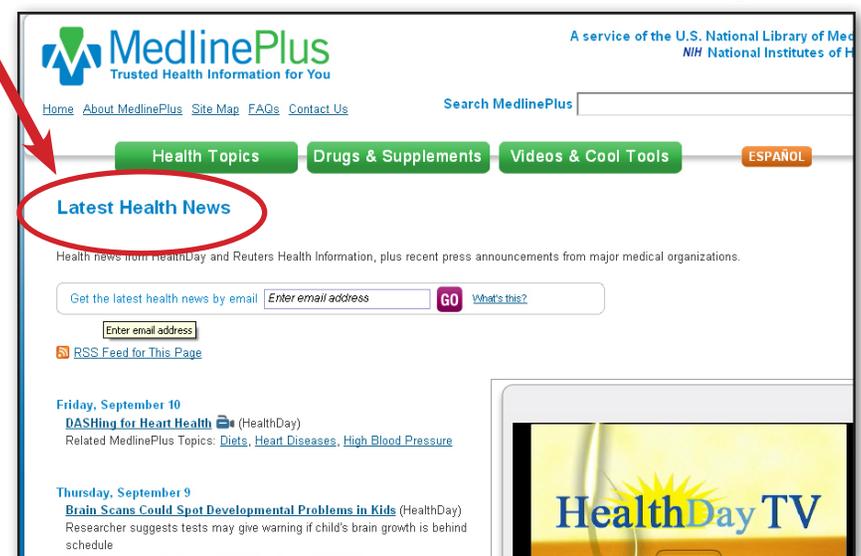
LESSON REVIEW   MedlinePlus News, Doctors, Hospitals, and Multimedia

5 You learned that you could search for health news by topic by scrolling to the bottom of the "Latest Health News" page and clicking on <u>Health news by topic</u>.

Screen Shot 5: Link to Health News **by Topic**

6 You learned that clicking on <u>Health news by topic</u> would take you to the "Health News – A" page. Using the alphabet at the top of the page, click on the first letter of the health topic that interests you.

Screen Shot 6: **Health News by Topic Page**

Scroll Down

Your Question(s) _____

_____

Module 8 – Screen Shots: *MedlinePlus News, Doctors, Hospitals, and Multimedia*
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LESSON REVIEW   MedlinePlus News, Doctors, Hospitals, and Multimedia

7 To locate information about a doctor, dentist, or hospital, click on **Directories** at the bottom of the **Home Page**.

8 On the **Directories** page, you can click on links under **Doctors and Dentists** or **Hospitals and Clinics**.

Screen Shot 7: **Link to Directories**

Screen Shot 8: **Directories Page**


Your Question(s) _____

_____

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LESSON REVIEW   MedlinePlus News, Doctors, Hospitals, and Multimedia

9 To find multimedia tools, go to the **Home Page** and click on Videos and Cool Tools.

10 On the Videos and Cool Tools page, you saw videos, tutuorials, a podcast, calculators & quizzes, and games.

Screen Shot 9: **Videos and Cool Tools Link**
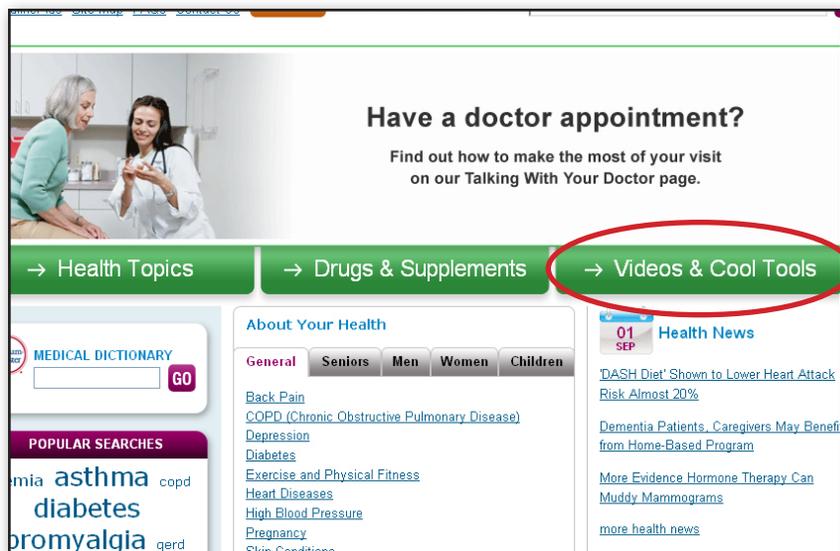
Screen Shot 10: **Videos and Cool Tools Page**

Your Question(s) _____

_____

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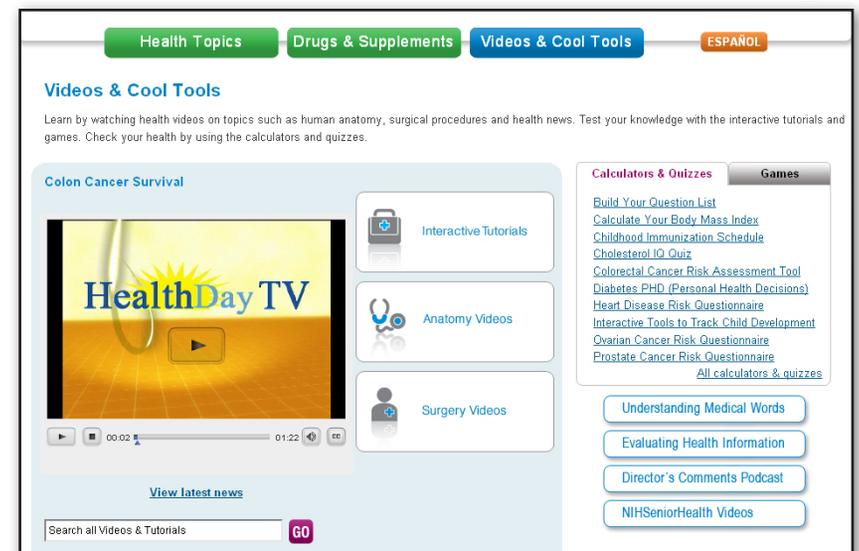
LESSON REVIEW   MedlinePlus News, Doctors, Hospitals, and Multimedia

11 Using **HealthDay TV**, you learned how to operate the video controls to watch videos. You learned how to use the play, pause, stop, mute and open captioning buttons and the slider.

12 You learned how to locate and use one of 3 tutorials on the Videos and Cool Tools page.

Screen Shot 11: **Video Controls on HealthDay TV**

Screen Shot 12: **Tutorials**

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LESSON REVIEW   MedlinePlus News, Doctors, Hospitals, and Multimedia

13 You learned that a podcast is an audio program that you can download and listen to on your computer or mobile device. On the Videos and Cool Tools page, you found the link to the **Director's Comments Podcast** and clicked on it.

Screen Shot 13: **Link to Podcast Page**
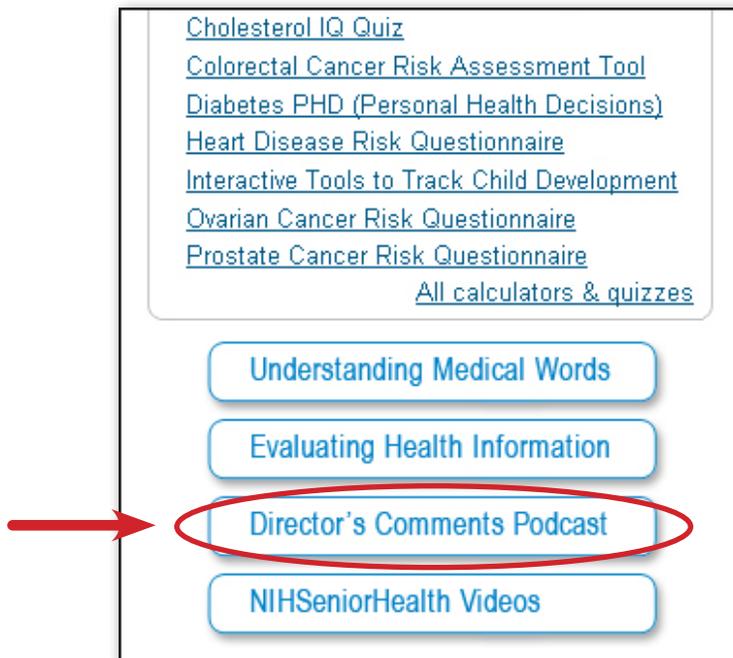
14 When you came to the **Director's Comments Podcast** page, you saw a list of the recent podcasts. You clicked on a "listen" button to hear a podcast.

Screen Shot 14: **Podcast Page**

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LESSON REVIEW   MedlinePlus News, Doctors, Hospitals, and Multimedia

15 You learned about using calculators and quizzes in the **Calculators & Quizzes** section of the Videos and Cool Tools page. You learned how to find more calculators and quizzes by clicking on All calculators and quizzes.

Screen Shot 15: **Calculators & Quizzes**
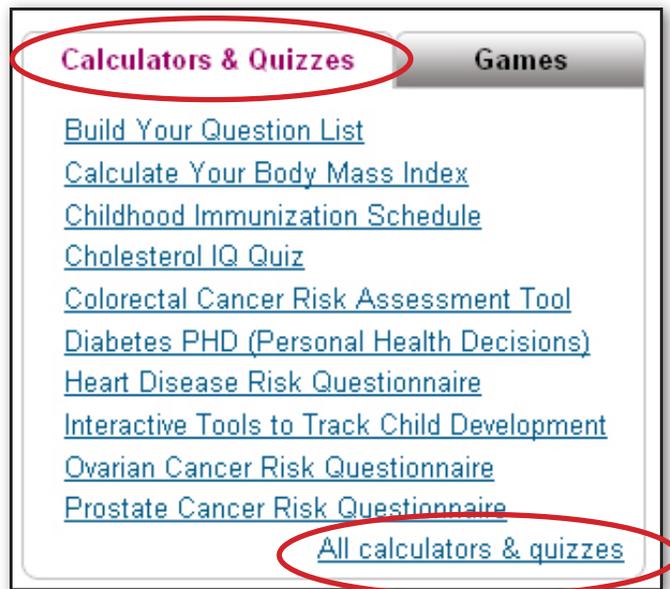
16 You learned about playing online games in the **Games** section of the Videos and Cool Tools page. You learned how to find more by clicking on All games.

Screen Shot 16: **Games**

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