



Health Information Week 2025 20th - 24th January

Day 4: Health Literacy & Misinformation



Misinformation, disinformation and finding trusted information – resources for the public

- The [World Health Organization \(WHO\)](#) provides tips for spotting misinformation and disinformation
- The [PIF TICK](#) website has one-page posters which are free to view and download on topics including false health information warning signs and what to look for in trusted health information
- [Independent Age](#) offers advice on managing your health online: independentage.org/get-advice/health-and-care/living-long-term-health-conditions/how-to-find-reliable-health
- The [Patient Information Forum](#) has a series of videos to help the public spot misinformation
- The [WHO Kahoot! Quiz](#) aims to help people identify the red flags of misinformation
- The [Patients' Association](#) has put together a Jargon Buster to help you figure out what some of those complicated medical terms actually mean
- The [NHS](#) also has a handy list of abbreviations that you might find in your medical records



Resources for healthcare professionals

- The [NHS](#) has a Health Literacy Toolkit with information on health and digital literacy and practical tips
- The [National Institute for Health and Care Research \(NIHR\)](#) evidence collection on health literacy makes the case for improving patient information. It also includes tips on how to make sure everyone can understand the information they are given

- The **Patient Information Forum (PIF)**'s Health Literacy Matters poster includes data to help you make the case for health-literacy friendly materials
- **Libraries Connected** offers online learning modules as part of its work on media literacy and digital skills development
- The **Information Literacy Group** website supports practitioners and researchers from around the world with an interest in information and digital literacy



Critical Appraisal

If you'd like to take your skills in this area even further and learn how to evaluate research articles for yourself, have a look at the Critical Appraisal pages on your NHS Library and Knowledge Service's website:

- **STHK** - <https://www.knowledge-nw.nhs.uk/critical-appraisal>
- **S&O** - <https://www.sonhslks.com/critical-appraisal-resources.html>



For more information about Health Information Week, see the HIW website at:
<https://healthinfoweek.wixsite.com/healthinfoweek>

For more information about your NHS Library service, see our website at:
<https://library.merseywestlancs.nhs.uk>

NB: All links are correct at time of creating this resource list - 16 Jan 2025