

Website Critique

Student Name: Andrea Trebilcock

Case # + Diagnosis: Case 7- Neck and Upper Back Pain while prolonged sitting

Data for Website:

Title of the Website	MayoField Brain & Spine: Acute neck pain
Web Address	http://www.mayfieldclinic.com/PE-NeckPain.htm

Criterion for utility in the site. Scale of 1 to 5: 1. Very true of the site 5. Very untrue of the site		
Website Content	Criterion Value	Comments
The purpose of the website is clear.	1	
The website has up to date knowledge.	2	This website was last updated in March 2013.
The website is interesting.	2	
The website is directly about the topic of the case	2	The website clearly outlines the various components of neck pain, including an overview as well as information regarding the sensation of the pain itself and ways to enhance performance through treatment and exercise.
The contents about the concept studies are scientifically correct and credible.	2	The information provided is cited and reviewed by a professional in the field.
The website covers the topic identified in the title	1	The website clearly identifies what acute neck pain is, as well as causes, signs, and treatments that are available for clients.
The information about the creator is up to date	1	The MayoField clinic was established in 1937, the current website was recently updated in January of 2016. Therefore, the website information appears relevant and up to date.

The authors of the website have the appropriate credentials to provide the material on this website	1	Information was written by professionals at the Mayfield clinic and spine institute, as well as reviewed specifically by Bobbie Ryan, RN.
Website Usefulness		
The website is useful for the occupational therapy student.	1	
The website is useful for the person in the case	1	
I would recommend this website for the person in the case	1	
<p><i>What components of the site are most useful?</i></p> <p>I found it difficult to find a website that had isolated information specific to pain sensation, perception, and attention related to neck or upper back pain. Therefore, I choose to identify a website that would focus specifically on one aspect of the three components we were provided. The current website relates more prominently to pain sensation as it relates to acute neck pain. The website is very informative and does an excellent job at providing the reader with what they need to know about neck pain, including symptoms, causes, various treatment options, and ways to prevent this pain from reoccurring. The website also does a sufficient job at relating each component above to how the client may be experiencing pain and how this pain sensation relates to the health of the client. The components of the website I found most useful are the detailed descriptions of how the neck pain may manifest, providing examples of the type of pain sensation the client may be experiencing. The website then provides next steps, whether that be to seek medical attention or to begin self-care routines such as icing, massage, or stretching to help relieve the neck pain. Another valuable component of this page are the prevention strategies that encourage the client and provide a possibility of a future without any sensation of neck pain. I also found it very helpful that throughout the website, links are easily accessible to redirect you to a page that may provide you with further information regarding a related issue such as links for more information about 'self-care' and 'posture' in relation to acute neck pain.</p> <p><i>Do you think an OT colleague of yours would need a lot of former knowledge to use the website?</i></p> <p>I believe an OT colleague would be able to understand the content of the website very easily without any former knowledge. The website provides a very thorough description of acute neck pain, as well as the causes, symptoms, and treatment options available. It</p>		

would be useful for an occupational therapist to look for further knowledge regarding pain sensation as this website could provide a more in depth description of this topic in relation to neck or upper back strain. Also, for a colleague to understand all aspects of sensation, perception, and attention in relation to neck pain, they would need to search various sources as there does not appear to be a singular source available that comprehensively covers information on all three components.

Are there tools and resources in the website that would be useful for the person in the case? If not, what else should have been provided?

I believe that the introduction to acute neck pain, as well as the symptoms and next step suggestions are the most useful resources for the client. This content would provide Stephanie with an explanation regarding why she is experiencing the sensation of pain and how this may affect her everyday activities such as grading papers or sitting at a computer. In addition, I believe the suggestions provided to remedy this pain such as examples of exercises, physiotherapy options, and recommended self-care routines are helpful resources for Stephanie to integrate into her daily routine to prevent neck pain. In addition, the website provides useful links to secondary pages and additional websites for more information on spine health that would be valuable for further research.

Overall, I found my search for website content in relation to sensation, perception, and attention to be very difficult. It was challenging to find a website that provided information on all three components while also relating it back to neck and upper back pain. Therefore, I choose to narrow the search to specially target pain sensation. After narrowing my search, I was able to find this website which provided both a general overview of the case, as well as specific information about the individual's sensation of neck pain. Although the website could have provided more information on the specific content subject of sensation, in general I believe it to be a very informative source for the case and provides sufficient resources for Stephanie that may assist her with understanding and hopefully eliminating the pain she is experiencing.