

## Website Critique

**Student Name:** Amjad Yahia

**Case # + Diagnosis:** Case # 7 – Chronic Back Pain

### Data for Website

|                      |   |
|----------------------|---|
| Title of the Website | Big Back Pain   |
| Web Address          | <a href="http://www.bigbackpain.com/posture.html">http://www.bigbackpain.com/posture.html</a> |

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|---|---|---|
| <p>Criterion for utility in the site.<br/>Scale of 1 to 5:<br/>1. Very true of the site<br/>5. Very untrue of the site</p> <p style="text-align: right;"><b>Criterion Value</b></p> |   |   |
| <b>Website Content</b>  |   |   |
| The purpose of the website is clear.  | Yes, the purpose of the website is to discuss the causes, prevention and treatment of back pain   | 5 |
| The website has up to date knowledge.   | Based on the research that I've conducted, the site seems to have similar information to literature. No dates were shared about the last time the information was modified or updated | 4 |
| The website is interesting.   | Although the website is somewhat interesting, I feel like it does not contain enough photos and does contain a number of ads which are annoying                                       | 3 |
| The website is directly about the topic of the case   | Yes, the website talks about back pain and back pain prevention. It directly discusses posture  | 5 |
| The contents about the concept studies are  | The information shared on the page is concurrent with current literature based on my judgment. Furthermore, the links   | 3 |

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| scientifically correct and credible.  | section has a number of credible associations. The only thing I can critique is that they did not include references and citations for specific blocks of information posted on the site.  |   |
| The website covers the topic identified in the title  | Yes, the website is definitely about back pain and each tab has content that cover the tab title while still relating to the main title  | 5 |
| Design and Pedagogy are mentioned.  | Yes, the design and pedagogy are indeed mentioned and the website is laid out very nicely  | 5 |
| The information about the creator is up to date   | Yes, there are information on the owning company INT Communications Inc. and the staff member in charge of the site Janet Robinson with a communication for present  | 5 |
| The authors of the website have the appropriate credentials to provide the material on this website   | The site manager had suffered with back injury for over 30 years and after years of research she decided to create the website. The site manager does not have any formal education on back pain prevention, diagnosis, and treatment and thus I cannot score the site highly in this manner | 2 |
| <b>Website Usefulness</b>   |  |   |
| The website is useful for the occupational therapy student.   | An occupational therapy student may find the information on different back conditions useful as a refresher to our classes about conditions. However, the site is not very occupation focused and thus I cannot score the site highly in this manner   | 3 |
| The website is useful for the person in the case  | Yes, I think the website can be very useful to the person in the case because it discusses some pain prevention techniques   | 5 |
| I would recommend this website for the person in the case   | Definitely would recommend Dr. Stephanie to take a look at it.   | 5 |
| <p>What components of the site are most useful?</p> <p>I found the posture information under the pain prevention interesting and I think it would be most useful in our case. Also, the strengthening, stretching, and low-impact aerobic exercises may also be beneficial because when we discussed the case with Dr. Stephanie we agreed that</p> |  |   |

taking stretching breaks is important while sitting and typing on the test for too long.

Do you think an OT colleague of yours would need a lot of former knowledge to use the website?

I do not believe this to be the case, this website was created with the end user in mind. I think that the author created this site in layman's terms so that anyone with back pain issues can understand it. My OT colleagues would not need much former knowledge to use this site. Because this is not an academically pee-reviewed website, I would be careful to warn them that information on this site should not be used solely to base assessment and treatment goals.

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?

The information seems to be relevant and helpful to Dr. Stephanie. Furthermore, the links shared on the links page seem to be helpful as well. For example, it contains resources about massage therapy, physical therapy, and ergonomic chairs distributors. What would have been nice to see is pictorial explanations of the exercises they provide because at times it seems like what they request is vague and difficult to understand.