

Website Critique

Student Name: Brooke Wardrobe

Case # + Diagnosis: Case 7 – Neck & Upper Back Pain

Data for Website

Title of the Website	When, How, and How Often to Take a Break
Web Address	http://www.inc.com/neil-patel/when-how-and-how-often-to-take-a-break.html

Criterion for utility in the site.

Scale of 1 to 5:

1. Very true of the site
5. Very untrue of the site

Overall Criterion Value: 2

Website Content		
The purpose of the website is clear.	The website describes when, how and how often to take breaks, as well as, provides links to studies done regarding the value of taking breaks. It explains that they are writing the website article to help with burnout and that taking breaks will help with this.	1
The website has up to date knowledge.	This article was published December 2014. Thus, it provides current ideas on how working individuals should be taking breaks in our digital society.	2
The website is interesting.	This website has a hook at the start of the article to engage the reader. The layout of the information provides for an easy, informative read. However, there are advertisements in-between the paragraphs of the article and between posts.	2
The website is directly about the topic of the case	The website does not relate to the clients issues of pain in the upper back, neck, and shoulders. However, this website does address easy tools for the client to implement in order to remember when to take breaks, which will help to manage the symptoms of her pain while working.	3

The contents about the concept studies are scientifically correct and credible.	This webpage itself reads like a blog, however imbedded in the article are links to scientific research articles or other blog articles that can provide for further support on what the article is saying. Thus, making the content of the article scientifically credible.	1
The website covers the topic identified in the title	The context of the webpage matches the title of the article, creating a consistent flow of information for the reader.	1
Design and Pedagogy are mentioned.	No	5
The information about the creator is up to date	There is access to information about the company Inc.. There is updated contact information as this is a large company that produces magazines and updates their online pages.	2
The authors of the website have the appropriate credentials to provide the material on this website	The contact information describes that "the writers of Inc. work with associates and trade groups thought leaders, and subject experts in the areas they target to deliver best practices, trends, and applicable content on those topics."	1
Website Usefulness		
The website is useful for the occupational therapy student.	It provides an easy resource for clients who participate in work related occupations as it outlines the importance of taking breaks for the mind and body. Occupational therapy students would be able to provide this to clients who have access to the internet as an additional resource to help support what they are saying to clients when involving work related occupational performance issues. This article is an easy read with information clearly highlighted and organized.	1
The website is useful for the person in the case	This website is a very good tool for the client as a routine needs to be developed to help her take breaks while she is working. This resource can be bookmarked on her computer so that she can refer to it and try different break options that work in her schedule.	2
I would recommend this website for the person in the case	Yes	2

What components of the site are most useful?

The organization of website itself is useful for readers. Due to the organized subheadings and bolded fonts, it allows the reader to see the key parts of the article. The coloured fonts allow for the reader to browse the hyperlinks that expand on parts of the article or link to other resources (academic or non-academic). The additional research links provide reading on the research behind the information in the article. Thus, providing the background information that was used to create the article itself.

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

No, the website has a clean design and is easy to navigate.

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?

Yes, there are a variety of additional research articles or links imbedded in the webpage that can provide for further reading. However, some of the resources are other blogs or webpages. There are a few links to articles, however the credibility of the articles can be questioned as one was published by the United States Army Research Institute and not peer-reviewed. Therefore, this website could be useful for the client in this case as it does provide easy options for when, how and how often to take breaks. These strategies may provide useful for the client as they were designed for working individuals. Since the client is a former PhD student and now a faculty member of the university, having additional supporting links would be valued to help with the credibility of these strategies and their effectiveness with remember to take breaks.