

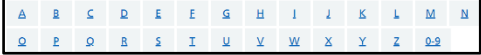






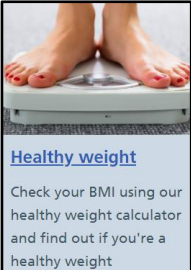
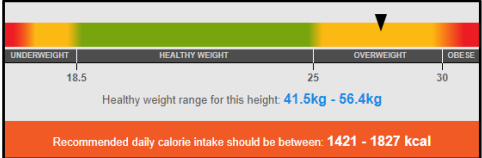
Safety – NHS Choices

First produced in June 2018

Health – NHS Choices		
1	<p>The first thing we are going to do is access the NHS Choices website.</p> <p>Using your web browser, enter https://www.nhs.uk into the address bar and press enter</p>	
Q1	<p>What is the difference between doing a search on google and using a search box on a specific website?</p>	<p>Answer:</p>
2	<p>The website is broken down into five categories.</p> <p>Health A-Z, Live well, Care & Support, Health News & Services near you.</p>	
3	<p>Select Health A-Z</p> <p>The alphabet is displayed.</p> <p>Select B then select Back pain</p>	<p>Health A-Z: Conditions and treatments</p> 
Q2		<p>Answer</p>
4	<p>Select B then select Back pain.</p> <p>The topic is broken down into Overview, Causes & treatment. Select overview.</p> <p>You might be asked to complete a short survey. Select no thanks</p>	 
5	<p>Each page shows the contents on the left-hand side.</p> <p>You can scroll through the whole page or you select a content from the list on the left.</p> <p>Select Causes of back pain</p>	<p>Page contents</p> <ul style="list-style-type: none"> • How to relieve back pain • Getting help and advice • Treatments from a specialist • Causes of back pain • Preventing back pain • When to get immediate medical advice


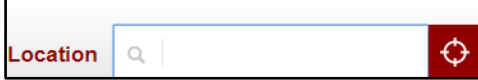




Q3	Why is some of the text underlined and written in blue?	Answer														
6	Select Live well.	<div style="border: 1px solid black; padding: 5px;"> <h3>Live Well</h3> <p>Advice, tips and tools to help you make the best choices about your health and wellbeing</p> </div>														
7	<p>Select Healthy weight. Using the BMI calculator let's check our BMI (body Mass Index). Select use the BMI calculator.</p> <div style="border: 1px solid black; padding: 5px; margin: 10px 0;"> <p style="text-align: center; color: blue;">Use the BMI calculator</p> </div> <p>You will need to enter your age, Gender, height, weight and how active you are for the calculator to calculate.</p> <p>Select Start to insert this information.</p>															
8	Once entered your BMI figure and a chart will be displayed.															
9	Under the category Care & support you can obtain information about what support is available for you or a loved one.	<div style="border: 1px solid black; padding: 10px; background-color: #0056b3; color: white; text-align: center; width: fit-content; margin: auto;"> <h2>Care and support ▾</h2> </div>														
10	Health News provides more information on topics that have been on the news. Select health news to see what articles are listed.	<div style="border: 1px solid black; padding: 10px; background-color: #0056b3; color: white; text-align: center; width: fit-content; margin: auto;"> <h2>Health news</h2> </div>														
Q4	What is the date of the most recent news article?	Answer														
11	Select Services near you.	<div style="border: 1px solid black; padding: 10px; background-color: #0056b3; color: white; text-align: center; width: fit-content; margin: auto;"> <h2>Services near you</h2> </div>														
12	Type pharmacy in the first box, Type SK6 1RJ in the second box. Select search.	<div style="border: 1px solid black; padding: 5px;"> <p>Find <input type="text" value="e.g. GP, dentist, diabetes, or hip replacement"/></p> <p>Location <input type="text" value="e.g. postcode or town"/></p> </div>														
13	Local pharmacies are shown displaying opening times.	<div style="border: 1px solid black; padding: 5px;"> <p>Medichem Pharmacy</p> <p>Tel: 0161 406 6060 34-35 Woodley Precinct Woodley Stockport SK6 1RJ 0.0 miles away Get directions</p> <table border="0"> <tr><td>Monday</td><td>08:00 - 23:30</td></tr> <tr><td>Tuesday</td><td>08:00 - 23:30</td></tr> <tr><td>Wednesday</td><td>08:00 - 23:30</td></tr> <tr><td>Thursday</td><td>08:00 - 23:30</td></tr> <tr><td>Friday</td><td>08:00 - 23:30</td></tr> <tr><td>Saturday</td><td>08:00 - 23:30</td></tr> <tr><td>Sunday</td><td>10:00 - 17:30</td></tr> </table> </div>	Monday	08:00 - 23:30	Tuesday	08:00 - 23:30	Wednesday	08:00 - 23:30	Thursday	08:00 - 23:30	Friday	08:00 - 23:30	Saturday	08:00 - 23:30	Sunday	10:00 - 17:30
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Q4	What would happen if you select Get Directions on the page showing the opening times?	Answer
14	Select Services near you again. Using the alphabet select W , now select Walk-in centre.	
15	Insert your postcode and select search. Your local urgent care walk-in centre will be displayed.	

Notes:

