Online methods of patient education concerning arterial duplex ultrasonography of the legs

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Abstract

The authors propose a classification of the principal online patient information/education methods regarding the arterial duplex ultrasonography examination of the legs (articles, booklets, handouts, leaflets, illustrations, video podcasts, blogs, questions and answers)

Key words: patient education, websites, peripheral arterial disease, duplex ultrasonography

Rezumat

Autorii propun o clasificare a principalelor metode online de informare/educare a pacienților referitoare la ultrasonografia duplex a arterelor membrelor inferioare (articole, broșuri, rezumate, foi volante, ilustrații, imagini video, bloguri, întrebări și răspunsuri).

Cuvinte cheie: educația pacientului, internet, arteriopatie obliterantă periferică, ultrasonografie duplex

There are many online providers of patient education resources: national institutes and organizations, scientific societies, professional associations, universities of medicine, healthcare providers (including regional hospitals and companies specialized in preventive health screenings), foundations, not-for-profit networks, pharmaceutical firms, medical journals with “Patient Pages”, health magazines, and personal websites.

Patients with peripheral arterial disease and all interested people can find easy-to-understand answers to questions like these: What is Doppler ultrasound?, Why should I have an ultrasound exam?, Are there any special preparations for the duplex exam? Will it hurt?, How long will it take?, Is ultrasound safe? [www.aium.org/patient/aboutExam, www.legacyheartcenter.com]

Online patient education resources may be classified as follows:

- Easy-to-read articles
- Booklets
- Pamphlets
- Brochures
- Handouts
- Patient Page
- Information leaflets
- Information sheets
- Fact sheets
- Test preparation instructions (Patient preps)
- Joining a clinical trial

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• Illustrations
• Video podcasts
• Ask a Question/Questions to Ask/Ask the Doctor
• Frequently asked questions (FAQs)/ Questions and answers (Q & A):
• Blogs
• Interactive tutorials

Easy-to-read articles:
• http://en.wikipedia.org The Free Encyclopedia > Search > Doppler ultrasound > Medical ultrasonography > Doppler sonography
• www.aboutpad.org National Heart, Lung, and Blood Institute, National Institute of Health, Department of Health and Human Services. About P.A.D. > Diagnosis > Diagnostic Tests
• www.clevelandclinic.org The Cleveland Clinic, Ohio > Common Diseases or Conditions > Heart & Vascular Diseases > Diseases & Conditions > Peripheral Artery Disease > Peripheral Arterial Disease (PAD) Overview > How is PAD detected?
• www.healthscout.com The Health Scout Network > Health Encyclopedia > Doppler ultrasound exam of an arm or leg
• www.healthscout.com/encyl/003433.html Medical Health Encyclopedia Duplex/Doppler ultrasound exam of extremity, vascular ultrasound
• www.howardcommunity.org Howard Regional Health System Kokomo, IN > Services > Cardiovascular Services > Medical Tests > Doppler Ultrasound (Content provided by Healthwise)
• www.karlloren.com Karl Loren Web > Ultrasound > Doppler Ultrasound
• www.largomedical.com (Largo Medical Center West Florida) > Your Health > Health Information > Health Guides > Heart Care Center > Cardiovascular Conditions > Heart Conditions in Brief > Atherosclerosis > Peripheral Vascular Disease > Diagnosis > Ultrasound and Doppler analysis
• www.medicinenet.com > Procedures & Tests > Ultrasound
• www.nortonhealthcare.com Norton Healthcare, Louisville > In-Depth Reports > Home > P > Peripheral artery disease and intermittent claudication > Diagnosis > Doppler Ultrasound and Ankle-Brachial Index
• www.phoenixheart.com (Phoenix Heart PLLC, AZ) > Library > Symptoms & Conditions > Peripheral Arterial Disease of the Legs (article provided by Healthwise) > How is PAD diagnosed? > Doppler Ultrasound
• www.revolutionhealth.com > Search > Doppler ultrasound (Content provided by Healthwise)
• www.sutterhealth.org Sutter Health Northern California > Health Information > Search by Keyword > Doppler ultrasound (Articles & Information)
• www.thirdage.com Third Age > Health & Wellness > Medical Care > Doppler Ultrasound (Doppler Ultrasonography)
• www.uptodate.com > Patients > Search > Doppler Ultrasound > Noninvasive diagnostic of peripheral arterial disease > Noninvasive Tests > Duplex ultrasonography
• www.vaheart.org (Virginia Heart & Vascular Center, VA) > Patient Education > Tests > Duplex Ultrasonography

Booklets (PDF):

Pamphlets (PDF):
• www.aium.org American Institute of Ultrasound in Medicine > Store > Patient Pamphlets > Doppler Ultrasound Patient Pamphlet

Brochures (PDF):
• www.azheart.com Arizona Heart Institute Phoenix, AZ > Brochures > Peripheral Arterial Disease > Diagnosis > Doppler Ultrasound
• www.massgeneral.org Massachusetts General Hospital, Boston, MA > Centers & Services > All Centers & Services A-Z > R > Radiology > Imaging Services > Ultrasound > A patient Guide To Ultrasound (Massachusetts General Hospital Imaging Services)
• www.patienteducationcenter.com or www.patientedu.org Pri-Med Health Brochures > Peripheral Artery Disease. Leg Pain and Much More (written by Harvard Medical School)

Handouts (PDF):
• www.padcoalition.org > About P.A.D. > Resources > Patient Education > Life Saving Tips for Managing Diabetes and P.A.D.
Patient Page:

- www.circ.ahajournals.org Circulation > Search > Patient Page > Cardiology Patient Pages: Testing in the Noninvasive Vascular Laboratory, Circulation 2007; 115: e624 – e626

Information Leaflets:

- www.sign.ac.uk Scottish Intercollegiate Guidelines Network (SIGN), Edinburgh (Scotland) > Patient Involvement > Patient Network > Peripheral arterial disease

Information Sheets:

- www.cabrini.com.au Cabrini Health (a not-for-profit Catholic health care service) > Information For Patients > Diagnostic Services > Medical Imaging (X ray) > Ultrasound including Doppler > Peripheral Vascular sonography, or Doppler

Fact Sheets:

- www.aurorahealthcare.org Aurora Health Care, WI > Health Information > Tests & procedures > Procedure & Surgery Fact Sheets > Doppler ultrasound
- www.med.nyu.edu New York University Langone Medical Center > Diseases & Conditions Information > Tests & Procedures A-Z > D > Doppler Ultrasound

Test Prep Instructions (Patient Prep)

- http://naveenballal.tripod.com Dr. Naveen M. Ballal > Ultrasound and Doppler > Patient Preparations for Ultrasound and Doppler Studies > Doppler Studies
- www.aradnj.com Associated Radiologists, P.A., New Jersey > Our Services > Ultrasound > Ultrasound Exams and Patient Preps > Abdominal Doppler; Aortic Ultrasound
- www.massgeneral.org Massachusetts General Hospital, Boston MA > Centers & Services > All Centers & Services A-Z > R > Radiology > Imaging Services > Ultrasound > Preparing for your Ultrasound Exam

Joining a clinical trial:

- www.clinicaltrials.gov CELLO-CLIR path® Excimer Laser System to Enlarge Lumen Openings: The Study to Treat Superficial Femoral Artery Occlusions (SUPER UK)

Illustrations:

- www.asecho.org The American Society of Echocardiography > See My Heart – Information for Patients on Heart Ultrasound (Echocardiography) > Circulation Ultrasound > Click here to view a Non-Invasive Vascular Ultrasound
- www.medlineplus.gov or www.nlm.nih.gov/medlineplus > Medical Encyclopedia > D > Doppler ultrasound exam of an arm or leg > Illustrations (Doppler ultrasonography of an extremity)
- www.medmovie.com/mdatabase American Heart Association Glossary Media Library > Doppler Ultrasound

Video podcasts:

- http://health.yahoo.com > Conditions & Diseases > Heart & Vascular Health > Videos > Ultrasound of aortic atherosclerosis (provided by MayoClinic.com)

Ask a Question/Questions to Ask/Ask the Doctor:

- http://stanford.wellspere.com > Well Pages > Questions & Answers > Ask a Question
- www.askthedoctor.com Dr. Patrick A. Golden > Talk to the Doctor
- www.doctorslounge.com The Doctors Lounge > Ask a Doctor
- www.drweil.com Dr. Andrew Weil > Ask Your Question
- www.mdadvice.com MDAdvice.com > Health Center > Ask an Expert > Click Here to ask a MDAdvice.com doctor your medical question
- www.netdoctor.co.uk > Ask the Doctor > Ask a Question
- www.simpflyanswer.com 24 hours online medical counseling > Ask Question
- www.wrongdiagnosis.com/diagnosis/ask-doctor.htm

Frequently asked questions (FAQs)/Q & As Questions and Answers (Q & A):

- www.aium.org American Institute of Ultrasound in Medicine > Patient Information > About your Exam – Doppler
- www.asecho.org The American Society of Echocardiography > See My Heart – Information for Patients on Heart Ultrasound (Echocardiography) > Ultrasound FAQ’s > Frequently Asked Questions about Circulation Ultrasound (Vascular Ultrasound)
• **www.columbiasurgery.org Columbia University, Department of Surgery > Patient > Wound Healing > Patient FAQs > Peripheral Arterial Disease (PAD)**
• **www.legacyheartcenter.com Legacy Heart Center, Plano, TX > Tests/Procedures > Sonograms > Aorta > Frequently asked questions about the test and how to prepare for it: What will happen during the test?; What is the preparation for the test?; What should I bring with me for the aorta sonogram appointment?; When will the test be performed?; Who will give me the results?**

**Interactive Tutorials:**


All these online methods providing information regarding duplex ultrasound improve the level of patient education.

**Blogs:**

• **http://wordpress.com/tag/doppler-ultrasound Blogs about: Doppler Ultrasound (Sharon’s Blog)**