



# NORTHUMBERLAND HILLS HOSPITAL



**NORTHUMBERLAND HILLS  
HOSPITAL FOUNDATION**  
Better Care for Our Community



**COMMUNITY HEALTH CENTRES  
OF NORTHUMBERLAND**

*Northumberland*

**Family Health Team**



**LOYALIST**  
COLLEGE OF APPLIED ARTS  
AND TECHNOLOGY

## **NEWS RELEASE – FOR IMMEDIATE RELEASE**

**Join Librarian Amanda Ross-White in Cobourg on Wednesday, March 20<sup>th</sup> for the next Northumberland PACE community conversation – “The Good, the Bad and the Ugly: Finding Quality Health Information Online”**

**NORTHUMBERLAND COUNTY, Wednesday, March 6<sup>th</sup>, 2019**—The next PACE conversation will take place in the Community Education Centre at Northumberland Hills Hospital on **Wednesday, March 20<sup>th</sup> at 5:30 PM** with guest speaker **Amanda Ross-White** leading the discussion.

Amanda Ross-White, MLIS, AHIP, has been a librarian at the Bracken Health Sciences Library at Queen’s University, in Kingston for over 10 years. A senior member of the Academy of Health Information Professionals, she has co-authored over 25 peer-reviewed papers. Her book *Joy at the End of the Rainbow: A Guide to Pregnancy After a Loss* won an award from the American Journal of Nursing. Her current research examines the impact of predatory or deceptive publications on practice guidelines.

Using the phrase “IF I APPLY,” Ross-White will guide a discussion of questions we can ask when evaluating health information online. She will demonstrate that, by thinking about and checking our own internal biases before evaluating the information found on web pages, we can help ensure we are getting the best and most recent information on health topics. Using a mix of

“personal” steps and “source” steps, Amanda Ross-White will look at sample web pages to evaluate the information found, in this context!

- Identify emotions attached to the topic.
- Find unbiased reference sources.
- Have Intellectual courage.
- Establish Authority.
- Consider Purpose/Point of view.
- Who is the Publisher?
- What’s in the List of sources?
- What is the Year of publication?

Lasting approximately one hour in length, PACE events consist of a 30-minute talk, a 20-minute question-and-answer period with the guest speaker and a 10-minute moderator summary.

Amanda Ross-White’s PACE conversation will begin at 5:30 PM on March 20<sup>th</sup>, in the Community Education Centre at Northumberland Hills Hospital, 1000 DePalma Drive.

Bring your questions, your suggestions and your experience and join in what is expected to be another lively discussion! If you have a smart phone, we invite you to bring it, to participate in real-time event feedback. No smart phone? Not a problem. Audience feedback will also be gathered without the help of technology.

Reminder – this and all PACE talks are FREE, but **pre-registration is required** to manage room capacity. Register for Amanda Ross-White’s March conversation today at [www.pacetalks.com](http://www.pacetalks.com), where you will also find a listing of the upcoming speaker and topic line-up along with video highlights from recent talks.

Next up for PACE? *The Science of Mindfulness*, with Dr. Jackie Gardner-Nix. Dr. Gardner-Nix’s conversation is scheduled for April 20<sup>th</sup>, 2019, at the Community Health Centres of Northumberland, 99 Toronto Road, Port Hope. Registration will open in late March.

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**About Northumberland PACE** – A collaborative between community health-care providers and local residents interested in learning more and promoting health and wellness, PACE (which stands for Personalized Assessment and Change Education) is a TED Talks-inspired speakers’ series hosted (on a rotating basis) at Northumberland Hills Hospital in Cobourg and the Community Health Centres of Northumberland in Port Hope. Northumberland Hills Hospital, the Northumberland Family Health Team, The Community Health Centres of Northumberland, internal medicine specialists IMCare and local patients and caregivers are all represented on the 2018/19 planning table, as is the Interactive Media Development – Film and Television Production program at Loyalist College, which has partnered with the team to support audio and visual recording and distribution and, most recently, the NHH Foundation. Talks are held monthly at 5:30 PM, September through June, on the third Wednesday of the month. One hour in total, each talk consists of a 30-minute presentation followed by a 20-minute, interactive question and answer speaker/audience discussion and a short moderator summary to conclude. Seats are available free of charge, on a first-come, first-reserved basis. Preregistration is required, to manage room occupancy limits. For information, please visit [www.pacetalks.com](http://www.pacetalks.com).

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