*****CONSIDER BUYING SHARES *****TELL YOUR FRIENDS
***MAY BE USEFUL **LOOK IF YOU'VE GOT NOTHING TO DO
*BEST AVOIDED

SELECTED INTERNET VIEWING

Anatomy for beginners

<http://www.channel4.com/science/microsites/A/anatomy/>

This site accompanies the controversial television series *Anatomy for Beginners*. Only a simple overview of functional anatomy is provided covering movement, circulation, digestion and reproduction. Numerous photographs from public anatomy dissections are included. This is clearly aimed at a non-medical audience; therefore, the scientific benefit is limited.*

BBC The Human Body

<http://www.bbc.co.uk/science/humanbody/body/>

This is a useful interactive site aimed at the general public. The main systems are briefly covered with helpful diagrams, interactive zones and useful facts and figures. This may be a good resource for patients, but the lack of detail limits its benefit for surgeons.**

Breaking bad news

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Breaking bad news is one of a physician's most difficult duties; yet medical education typically offers little formal preparation for this daunting task. One source¹ defines bad news as 'any news that drastically and negatively alters the patient's view of her or his future'. Without proper training, the discomfort and uncertainty associated with breaking bad news may lead physicians to disengage from patients emotionally. Numerous studies show that patients generally desire frank and empathetic disclosure of a terminal diagnosis or other bad news. Following is a review of selected internet sites which provide insight to this topic and some up-to-date information and tips to breaking bad news.

Reference

1. Buckman R. Breaking bad news: why is it so difficult? *BMJ* 1984; **288**: 1597–9.

www.aafp.org

This web site was originally created by the American Association of Family Physicians. It is simple yet highly informative. It describes the basic steps involved in breaking a bad news. The use of ABCDE mnemonic makes the task very simple and explicable. This site is well constructed and a 'must read' for beginners.

www.breakingbadnews.co.uk

This website is designed to provide guidelines and practical suggestions to UK healthcare professionals on how to communicate

any medical information effectively and compassionately, and respond to a patient's and family's feelings and needs. The site discusses guidelines, strategies and resources. It outlines strategies to handle various difficult scenarios faced routinely in clinical practice. A good site for rehearsal and practice. But it could have been excellent if upgraded by practice videos and interactive materials.

www.communityoncology.net

Community Oncology is a journal website which publishes articles related to clinical research in the community setting. The website has broad relevance to the problems faced by clinical practitioners. It is a reliable, up-to-date and relevant clinical site which gives guidance on how to tackle common problems encountered in clinical practice. It describes in detail the famous SPIKE strategy used for breaking bad news, which includes: S, setting; P, preparation; I, invitation; K, knowledge; and E, empathy. A 'must read' site which eases the difficulties and removes any doubts regarding this difficult to tackle issue.

www.skillcascade.com

This website has been made possible with the support of Eastern Deanery and the resources are provided with the help of East Anglia communications skills cascade facilitators to promote and support the teaching of communication skills in health care. This web site covers important topics like preparation, setting the scene, sharing of information, being sensitive to a patient, planning and support, follow-up and closing. This site also gives information on various course plans, provides handouts, discusses specific issues and also gives good tips on communication skills.

www.gptraining.net

Welcome to gp-training.net, a new website derived from the Well Close Square website, one of the first GP surgeries in the UK to have its own web pages. The extensive site is divided into areas for doctor information and patient-related information. You can access the Neighbors 5 stage model of consultation used for breaking bad news. It is explained in a very simple yet logical manner. This is a well laid out site which is easy to read and follow.

Thyroid disease

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<http://www.endocrinesurgeon.co.uk/thyroid/index.html>

When searched for on Google, MSN or Askjeeves, information on thyroid disease is mainly provided by consultant endocrine or ENT surgeons. This website is a good example and was set up by two endocrine surgeons, a specialist endocrine anaesthetist and three biochemists. It certainly wins a prize for accessibility. This website is very easy to navigate. It goes through the basics of