

# Internship project P.O.L.

By Bella Rivera

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# Project overview:

Since many patients now have access to the internet 24 hours a day, it can be difficult to help weed out the websites that are beneficial in terms of accurate information and the ones that aren't.

In this project I **created a survey which centered around internet usage in pregnant women** and carried out my research in the clinic.

After sorting through the data collected, I looked into different maternity websites to see **which websites proved to be reliable resources for information.**

I then **constructed a list which targets different aspects of pregnancy about which mothers had the most questions.**

# Essential questions:

How can we facilitate patients accessing the most reliable websites on the internet and avoiding less reliable sites?

How do we find resources that are both patient friendly and accurate?

# The patient survey:

- 1) Have you ever used the internet to answer pregnancy questions or find pregnancy related information?
- 2) How often would you say you've looked up questions?
- 3) What questions or information did you search for?
- 4) Did you use Google or a specific website to find this information?
- 5) On a scale of 1-3, 4-6, or 6+, how many online sources have you looked at? (includes number of google searches)
- 6) What language did you use for your search?
- 7) How far along were you in your pregnancy when you looked up these questions?

# The patients surveyed

32 women were surveyed in total.

24 moms said they used the internet, 8 said they didn't.

19 moms were in the 15-28 year old range.

13 moms were in a 29+ range.

The 15 year old surveyed used websites like social media rather than searching for specific information.

The data:

<https://docs.google.com/spreadsheets/d/108f0Eyt7kz6KdT5O60KpHwhHl6UDpj3DAJgVP9BZhG4/edit?usp=sharing>

# Our results: by the numbers

**Out of the women who did use the internet:**

9 of the moms searched in Spanish.

18 moms said they used Google specifically.

4 moms used Youtube videos instead.

15 of the 24 moms who used the internet were under 30.

**Out of the women who didn't use the internet:**

4 of the moms were under 30.

4 were over 30.

# Takeaways:

Our moms used Baby Center.com, Google, What to Expect.com, and Youtube as their prime sources of information.

All 4 of the moms who used Youtube were Spanish speaking.

Unreliable sites also extend to Youtube channels.

Most unreliable websites had a product to sell or offered “Chat with other mothers” options which had both pros and cons.



# Final product:

## Recommended Online Resources for Pregnancy Information:

1. <https://www.acog.org/Patients>
2. <https://www.llli.org>
3. <http://ourmomentoftruth.com>
4. <https://spinningbabies.com>
5. <https://evidencebasedbirth.com>
6. <https://www.birthingfromwithin.com>
7. \_\_\_\_\_



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## Recommended Online Resources for Pregnancy Information:

1. ACOG -- Infographics
2. La Leche League -- Breastfeeding
3. Our Moment of Truth -- Labor and delivery
4. Spinning Babies -- Fetal positioning
5. Evidence Based Birth -- Newsletter
6. Birthing From Within -- For new parents
7. \_\_\_\_\_



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Thank you for you time,  
questions?