

Learning How to Learn

Sources of e-Learning

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Nowadays, the internet provides an extremely useful source of learning across different disciplines and specialties. The following are some famous and authenticated sources for learning in medical and health sciences. The striking feature about these sources is that they are peer-reviewed, evidence-based and available **free of charge** on the web.

Free Medical Journals

1. Bio Med Central

Contains 140 open access journals covering all areas of biology and medicine including some public health and health system journals. *Go to <http://www.biomedcentral.com>*

2. Health InterNetwork Access to Research Initiatives (HINARI)

HINARI provides free access to over 3000 biomedical and health journals. HINARI is a very rich and useful source of information for health professionals. It is administered by the World Health Organization (WHO) and provides free access to these journals in some developing countries. Luckily, Sudan has free access to HINARI and institutions can apply for a user name and password through HINARI website. For individuals, the user name and password can be obtained from the Department of International Health, Federal Ministry of Health. *Go to <http://www.healthinternetwork.net>*

Free online Medical Books

Some online books are provided through Cochrane Collaboration. *Go to <http://www3.interscience-wiley.com/cgi-bin>*

Another source is also there for medical books. *Go to <http://www.freebooks4doctors.com>*

Useful Gateways

1. ELDIS

This gateway enables you to link to full text reports, relevant organizations' websites and country profiles. It has sections on health and health systems issues. *Go to <http://www.eldis.org>*

2. INASP:Health Links

This gateway includes links to full text electronic books, journals, newsletters, fact sheets, etc... It focuses on several health issues. *Go to <http://www.inasp.info/health/links/index.shtml>*

Useful Organizations

1. DFID Health Resource Centre (HRC)

Focus areas of expertise for HRC include HIV/AIDS, Malaria, TB, sexual and reproductive health and immunization. *Go to <http://www.dfdhealthrc.org>*

2. World Health Organization (WHO)

Gives access to WHO policy documents and publications besides WHO statistical information and other health information. *Go to <http://www.who.int>*

Other Sources:

1. Cochrane Library

Cochrane database of systematic reviews provides evidence-based information for providers and consumers of health care. *Go to <http://www.cochrane.org/reviews>*

2. British National Formulary (BNF)

The BNF provides practical information on the selection and clinical use of medicines. *Go to <http://www.bnf.org/bnf>*