Answering Clinical Questions at the Point of Care

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Agenda

• About UpToDate
• Evidence Grading
• How to Search
• Q&A
UpToDate is a Clinical decision support system that helps clinicians throughout the world provide the best patient care.

We use the best available current evidence to answer clinical questions, quickly and easily at the point of care.

This saves clinicians time, improves patient outcomes and lowers health care costs.
Evidence is derived from a number of sources including but not limited to:

- **Journals**: 450+ peer reviewed journals
- **Databases**:
  - MEDLINE, The Cochrane Database, Clinical Evidence and ACP Journal Club
- **Guidelines**
- **Clinical trials**
  - FDA, CDC, NIH
- **Proceedings**
- **Clinical experiences and observations**
Quick Facts about UpToDate

- Topic reviews
- Patient Information
- What’s New
- Calculators
- Drug Information
  - systemic, topical, inhalation, nasal, ophthalmic
Quick Facts about UpToDate

- 5,100+ world-renowned physician authors (international)
- 10,000+ clinical topic in 21 specialties
- 5,100+ unique drug entries in adult, pediatrics, international and natural drugs (Lexi-Comp)
- 25,000+ graphics
- 350,000+ references (Medline)
- 135+ Medical calculators
- Nearly 1500 Patient Information
- Updated Every month
Specialties

- Adult and Pediatric Emergency Medicine
- Adult Primary Care & Internal Medicine
- Allergy and Immunology
- Cardiovascular Medicine
- Dermatology (Launched in Mar 2013)
- Endocrinology & Diabetes
- Family Medicine
- Gastroenterology & Hepatology
- General Surgery
- Geriatric Specialty
- Hematology
- Hospital Medicine
- Infectious Diseases
- Nephrology & Hypertension
- Neurology
- Obstetrics, Gynecology & Women’s Health
- Oncology
- Pediatrics
- Psychiatry (Launched in 2012)
- Pulmonary, Critical Care & Sleep Medicine
- Rheumatology
Specialties in Development

- Palliative care
In 2001, we began a collaboration with Gordon Guyatt, a world leader in EBM, and his colleagues in the international GRADE collaborative to implement a grading system for recommendations.

UpToDate grades specific treatment and screening recommendations.
### Evidence Grading

<table>
<thead>
<tr>
<th>RECOMMENDATION GRADES</th>
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<tbody>
<tr>
<td><strong>Grade 1</strong></td>
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<tr>
<td>Strong Recommendation</td>
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<tr>
<td>“We recommend...”</td>
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<td>Benefits clearly outweigh the risks and burdens (or vice versa) for most, if not all, patients</td>
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<td><strong>Grade 2</strong></td>
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<tr>
<td>Weaker Recommendation</td>
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<tr>
<td>“We suggest...”</td>
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<tr>
<td>Benefits and risks closely balanced and/or uncertain</td>
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<table>
<thead>
<tr>
<th>EVIDENCE GRADES</th>
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<tbody>
<tr>
<td><strong>Grade A</strong></td>
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<tr>
<td>High Quality Evidence</td>
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<tr>
<td>Consistent evidence from randomized trials, or overwhelming evidence of some other form</td>
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<tr>
<td><strong>Grade B</strong></td>
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<tr>
<td>Moderate Quality Evidence</td>
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<tr>
<td>Evidence from randomized trials with important limitations, or very strong evidence of some other form</td>
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<tr>
<td><strong>Grade C</strong></td>
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<tr>
<td>Low Quality Evidence</td>
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<tr>
<td>Evidence from observational studies, unsystematic clinical observations, or from randomized trials with serious flaws</td>
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How to Search

- New Search
  - Search → display results → topic review → output
  - Graphic Search
  - Local Language Search

- Others
  - Evidence grading
    - **RECOMMENDATIONS**
  - New button : Summary and Recommendations
  - Drug Interactions
  - ECG test
  - Newsletter
Case:
A 50 year old woman is obese (BMI=32) and has hypertension. She has not achieved weight loss despite counseling for diet and lifestyle changes.

Question:
What is the best medication for pharmacologic management of her obesity.

Keyword:
Obesity drug
Q&A
您想要製作aspirin這個藥品的衛教單張，您要如何在UpToDate找到相關的資料參考呢？
您遇到一位在服用warfarin的病人，他在詢問，他服用warfarin是否可以跟其他的營養補充品，如ginseng, grape seed, vitamin A等等一起服用您想要在UpToDate查詢相關資訊告知病患，您要怎麼在UpToDate查詢呢？
如果您想在UpToDate裡找到有關藥物治療的最新資訊，又不用花太多時間，您要如何找到這些資訊呢？
您在UpToDate寻找有关小孩的糖尿病的文章，当您键入diabetes(糖尿病)关键字，不过发现文章太多了，是否有方法，可以让有关小孩的主題篩選排到前面，方便阅读。