Answering Clinical Questions at the Point of Care

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Today’s Agenda

- Introduction of UpToDate
- UpToDate Demo
- Questions & Answers
- Feedback
UpToDate® is an evidence-based clinical decision support system authored by physicians to help clinicians to:

- Answer your clinical questions
- Attain the most advance clinical knowledge
- Improve patient care
Evidence is derived from a number of sources.................including but not limited

- 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
- PCUs
- Calculators
- Drug Interaction
A New Way to Practice Medicine

10,500 Clinical topics
5,400 Drug entries
1,500 Patient topics
28,000 Graphics
160 Medical calculators
400,000 Evidence links
22 Specialties
Specialties

Adult and Pediatric Emergency Medicine
Adult Primary Care & Internal Medicine
Allergy and Immunology
Cardiovascular Medicine
Dermatology
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
Pulmonary, Critical Care & Sleep Medicine
Rheumatology
Palliative Care (Launched in July 2014)

In Development

Anesthesiology
Sleep Medicine
Evidence Grading

- 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

### RECOMMENDATION GRADES

<table>
<thead>
<tr>
<th>Grade 1</th>
<th>Strong Recommendation</th>
<th>Benefits clearly outweigh the risks and burdens (or vice versa) for most, if not all, patients</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>“We recommend...”</td>
<td></td>
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<tr>
<td>Grade 2</td>
<td>Weaker Recommendation</td>
<td>Benefits and risks closely balanced and/or uncertain</td>
</tr>
<tr>
<td></td>
<td>“We suggest...”</td>
<td></td>
</tr>
</tbody>
</table>

### EVIDENCE GRADES

<table>
<thead>
<tr>
<th>Grade A</th>
<th>High Quality Evidence</th>
<th>Consistent evidence from randomized trials, or overwhelming evidence of some other form</th>
</tr>
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<tbody>
<tr>
<td>Grade B</td>
<td>Moderate Quality Evidence</td>
<td>Evidence from randomized trials with important limitations, or very strong evidence of some other form</td>
</tr>
<tr>
<td>Grade C</td>
<td>Low Quality Evidence</td>
<td>Evidence from observational studies, unsystematic clinical observations, or from randomized trials with serious flaws</td>
</tr>
</tbody>
</table>
How to Search

➢ New Search
  ▪ Search → display results → topic review → output
  ▪ Graphic Search
  ▪ Local Language Search

➢ Others
  ▪ Evidence grading
    RECOMMENDATIONS
  ▪ Drug Information
    systemic, topical, inhalation, nasal, ophthalmic
  ▪ Test & Cases
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.