

UpToDate Anywhere 教戰手冊

Nov2020

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UpToDate[®]
POCKET GUIDE

Smarter Decisions. Better Care.



目錄

1. 什麼是UpToDate
2. 如何進入網站
3. 申請個人帳戶
4. 小功能
5. 常問問題



Background story

由一位著名的撰寫教科書的腎臟學家於1992年創建

- 他為自己編寫的教科書總是很快過時而感到苦惱

並不是取代教科書，而主要用於解決教科書所不能解決的問題

- 教科書主要是講述某種疾病的參考工具
- UpToDate主要是告訴醫生怎樣治療患有這種疾病的病人

為醫生(和其他臨床工作者)在治療患者時解答問題的線上電子產品

- 醫生在臨床時遇到的2/3問題無法解答
- 解答臨床問題每天可能改變5~8名患者的臨床治療策略

Background story

沒有醫生能夠吸收、記憶海量的醫學文獻並且判斷這些新發表的研究成果對診治患者有什麼影響

UpToDate
做到這些

因此，臨床工作人員可以在診療過程中獲取建議，解決問題

- 每周有10,000 項研究新增到Medline中
- 1965年僅有39項隨機試驗發表，而2008年有26,000 項隨機試驗發表

- 審讀文獻，來回答臨床問題
- 綜合相關文獻，推薦診療方案
- 持續更新內容
- 借鑒本領域專家意見

- 自1992 來，UpToDate已成為臨床工作者的專業“工具”

About us....



More than 1.9 million clinicians in 190+ countries rely on UpToDate® to make the best care decisions and stay abreast of contemporary standards in the workflow and on-the-go.

More than 7,100 world-renowned physician authors, editors, and reviewers use a rigorous editorial process to synthesize the most recent medical information into trusted, evidence-based recommendations.

More than 80 research studies confirm widespread usage of UpToDate and its association with improved patient care and hospital performance.

↑點選觀看影片

猜到了嗎?我們是實證為基礎的clinical decision support resource/tool
(臨床決策輔助資源/工具)

你的學長姊說:UpToDate好像是專家 做的共同筆記

幫你念書、念paper
幫你整理



在臨床上，遇到不了解的疾病或者症狀處理，可以先使用UpToDate查詢!

現在學生的煩惱....



- 實習時，面對老師、病人詢問的問題.....
- 學習做簡報，總是想要用好的圖片....
- 要如何快速知道最新的實證文獻...
- 回到宿舍、家裡想要繼續念書，但害怕沒有學校網域不能使用...
- 早上查的文章，下午回家要繼續寫報告怎麼辦....
- 在病房沒有電腦的時候，老師一問問題想快速找到解答.....



UpToDate來幫你!!!

最好的學習方式，
就是直接跟著教戰
手冊同步操作喔！



問題查找

What's New &
Practice Changing
UpDates

圖片 &
文獻

藥物交互
作用

Calculators

個人帳戶
取得

如何進入UpToDate?

- 臺大醫學圖書館網站進入
 - <https://ntuml.mc.ntu.edu.tw/Index.action>
 - 點選電子資源查詢系統

國立臺灣大學醫學圖書館
National Taiwan University Medical Library

1 電子資源

2 資料庫

館藏目錄

請輸入書名、作者或關鍵字

進階查詢 個人借閱

EndNote

校外連線設定

無線上網設定

網路資源

醫院同仁如何申請學校Email

館藏資源 電子資源

首頁 > 電子資源 > 資料庫

電子資源

- 電子期刊 >
- 資料庫 >
- 電子資源App專區 >
- EndNote >
- 校外連線設定 >
- 無線上網設定 >
- 網路資源 >
- 醫院同仁如何申請學校Email >

搜尋

UpToDate

點「UpToDate」

序號	資料庫名稱	使用簡介	備註
39	UpToDate	臨床醫學主題評論資料庫，其主題有內科學、婦產科...等十七個類別。內容收錄9,000多個實證醫學之主題資源，由專業醫師執筆撰寫。另有App版本可使用。	使用影片

電子資源→資料庫→
輸入UpToDate→
點選UpToDate

輸入「UpToDate」

如何進入UpToDate?

以往大家到這個步驟就開始查詢了，
我們要教你的是，申請個人帳號後，
除了手機下載app隨時隨地可以使用，
網頁版只要用個人帳號登入，任一電腦皆可登入，
且會記錄你所有搜尋歷史

請看下一步驟....

UpToDate® National Taiwan University Hospital

Contents Calculators Drug Interactions UpToDate Pathways Register Log In

Search UpToDate

COVID-19 Information

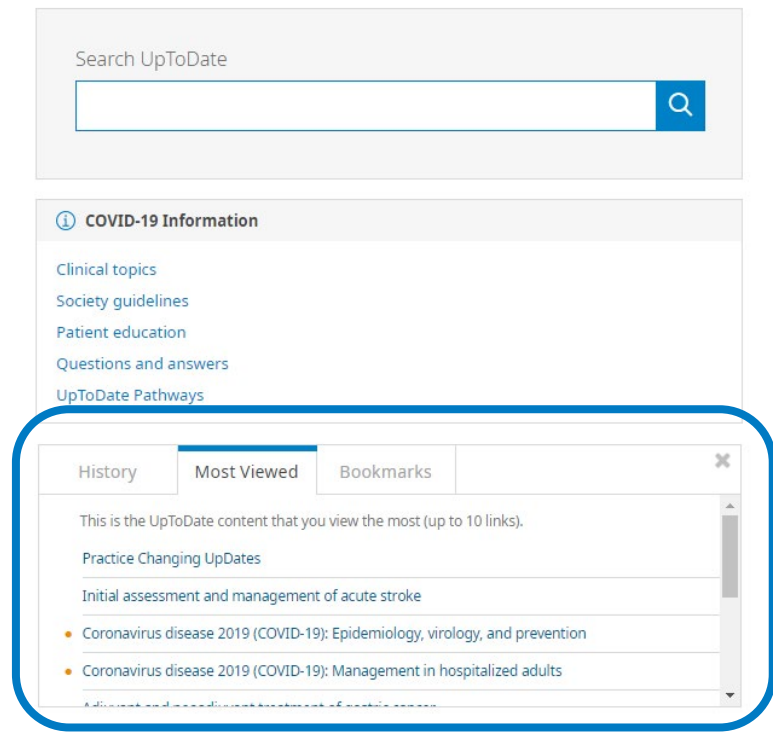
- Clinical topics
- Society guidelines
- Patient education
- Questions and answers
- UpToDate Pathways

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在開始前，我們要先帶各位建立自己個人帳號

為什麼需要?

- **Personal service:**紀錄個人瀏覽歷史、常觀看文章、標記書籤文章/圖片
- **UpToDate anywhere:**即使不在媽媽網域下(學校)，仍可以使用，不用連回學校直接輸入帳號密碼，讓你隨時隨地都可查找
- **Mobile app:**媽媽帳號授權後，下載手機app，使用同一組帳號密碼，以後查房/PBL，任何沒有電腦狀況下，仍可以行動裝置查找
- **What's New & Practice Changing UpDates:**建立自己瀏覽紀錄後，UpToDate會針對過去看過的文章，以橘色點點通知你這邊文章有更新!



取得帳號流程2

Android→

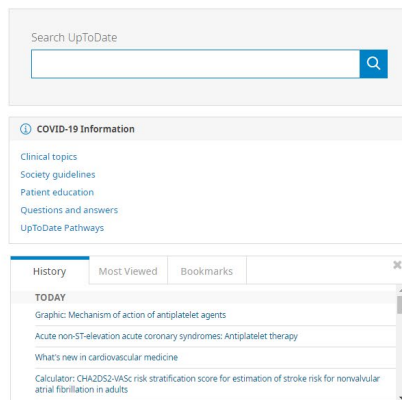


小孩帳號

UpToDate®

Contents ▾ Calculators Drug Interactions UpToDate Pathways

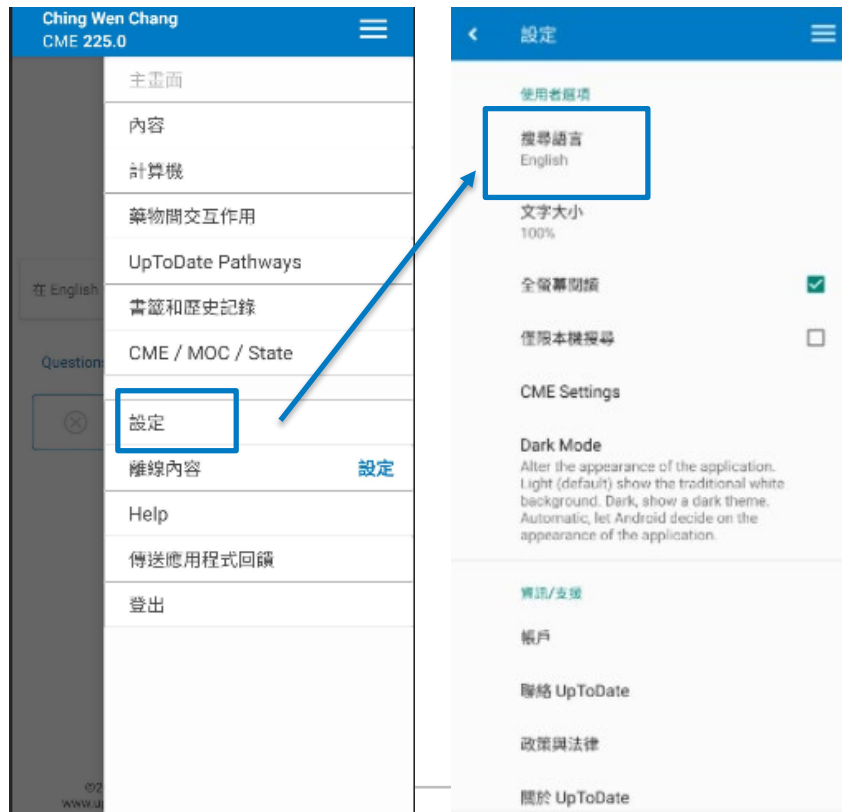
EME 225.0 Log Out



←iOS

- ✓ 註冊表格送出後，將會成功擁有自己的個人帳號
- ✓ 右上角的名稱會從媽媽帳號轉成小孩帳號(你的名字)
- ✓ 手機下載UpToDate軟體，將帳號密碼輸入進去即可使用

取得帳號流程3 最後一步了.....



手機使用小叮嚀

- ✓ 點選右上角漢堡圖形→設定(setting)
- ✓ 搜尋語言改成“English”

個人帳號使用小叮嚀

- ✓ 因為媽媽帳號授權小孩帳號(你)可以無限制在外面使用90天
- ✓ 請固定每90天回到媽媽網域中(學校/醫院)進行帳號登入，告訴媽媽我回來了，確定是自己家的小孩後，媽媽就會自動在延展90天Anywhere使用

重新認證!

問題查找

UpToDate®

小孩帳號

CME 225.0 Log Out

Contents ▾ Calculators Drug Interactions UpToDate Pathways

Search UpToDate

Radiation dermatitis

直覺式將疾病/
症狀/藥物輸入
至搜尋框中

COVID-19 Information

Clinical topics
Society guidelines
Patient education
Questions and answers
UpToDate Pathways

- ✓ 也可以按按看右上角expand results
- ✓ UpToDate也可以更換介面語言，但搜尋語言為隨著介面語言改變，如介面語言更換成中文，接著要用中文關鍵字搜尋，故建議以英文為主。
 - ✓ 名字下方點選Language or
 - ✓ 網頁最下方點選Language

UpToDate®

radiation dermatitis

Contents ▾ Calculators Drug Interactions UpToDate Pathways

< Back All Adult Pediatric Patient Graphics

Showing results for **radiation dermatitis**

Radiation dermatitis

Society guideline links: Radiation dermatitis

Management and prevention of complications during initial treatment of head and neck cancer

Cutaneous side effects of conventional chemotherapy agents

Treatment-related toxicity from the use of radiation therapy for gynecologic malignancies

Common terminology criteria for adverse events

可使用filter來更聚焦搜尋：

Adult呈現成人有關結果;Pediatric呈現兒童有關結果;Patient則為病患衛教;Graphic為關鍵字相關圖片

What's New & Practice Changing UpDates

UpToDate®

Search

Contents ▾

Calculators

What's New

Practice Changing UpDates

Lab Interpretation

Drug Information

Patient Education

Topics by Specialty

Authors and Editors



我想一下

Practice Changing UpDates

This section highlights selected specific new recommendations and/or updates that we anticipate may change usual clinical practice. We focus on changes that may have significant and broad impact on practice, and therefore do not represent all updates that affect practice.



What's New

The following represent additions to UpToDate from the past six months that were considered by the editors and authors to be of particular interest. The most recent What's New entries are at the top of each subsection.



History

Most Viewed

Bookmarks

This is the UpToDate content that you view the most (up to 10 links).

Practice Changing UpDates

Initial assessment and management of acute stroke

Coronavirus disease 2019 (COVID-19): Epidemiology, virology, and prevention

• Coronavirus disease 2019 (COVID-19): Management in hospitalized adults

Adjuvant and neoadjuvant treatment of gastric cancer

What's New

Hydroxychloroquine not effective as pre- or postexposure prophylaxis for COVID-19 (June 2020)

Clinical trials are evaluating pre- and postexposure prophylaxis to prevent COVID-19. [Hydroxychloroquine](#) was a primary candidate, but available data suggest it is not effective in preventing infection. In a placebo-controlled, double-blind trial of 821 individuals with occupational or household exposure to SARS-CoV-2, hydroxychloroquine administered within four days did not reduce the rate of PCR-confirmed COVID-19 or symptoms consistent with COVID-19 over the subsequent 14 days (12 versus 14 percent) [1]. Another trial among high-risk healthcare workers was stopped early because hydroxychloroquine did not reduce the rate of subsequent infections compared with placebo (6 percent in both groups) [2]. Despite limitations of these trials, we recommend that hydroxychloroquine not be used for pre- or post-exposure prophylaxis to prevent COVID-19 outside of a clinical trial. (See "[Coronavirus disease 2019 \(COVID-19\): Epidemiology, virology, and prevention](#)", section on "Pre- and post-...")

圖片 & 文獻

UpToDate®

radiation dermatitis

Export to Powerpoint

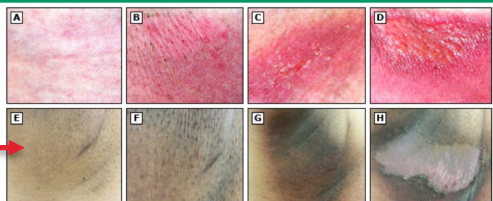
Full View Feedback Bookmark

APPEARS IN TOPICS:

Please view graphics in the context of the topic in which they appear below.

- Radiation dermatitis

Progression of radiation dermatitis

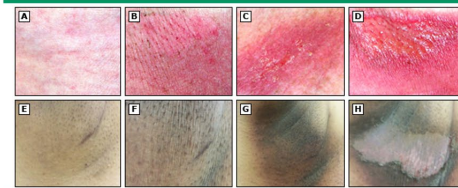


The images show radiation dermatitis at 4 different stages of severity in fair skin (A through D) and darkly pigmented skin (E through H). Radiation dermatitis ranges from faint erythema and hyperpigmentation (A, E) to definite erythema and hyperpigmentation with dry, fine desquamation (B, F) to early moist desquamation and patchy crusting (C, G) to moist desquamation, superficial ulceration, and peeling in sheets (D, H).

Reproduced with permission from: Ryan JL, Heckler CE, Ling M, et al. Curcumin for radiation dermatitis: A randomized, double-blind, placebo-controlled clinical trial of thirty breast cancer patients. *Radiat Res* 2013; 180:34. Copyright © 2013 Radiation Research Society. All rights reserved.

Graphic 89673 Version 2.0

Progression of radiation dermatitis



The images show radiation dermatitis at 4 different stages of severity in fair skin (A through D) and darkly pigmented skin (E through H). Radiation dermatitis ranges from faint erythema and hyperpigmentation (A, E) to definite erythema and hyperpigmentation with dry, fine desquamation (B, F) to early moist desquamation and patchy crusting (C, G) to moist desquamation, superficial ulceration, and peeling in sheets (D, H).

Reproduced with permission from: Ryan JL, Heckler CE, Ling M, et al. Curcumin for radiation dermatitis: A randomized, double-blind, placebo-controlled clinical trial of thirty breast cancer patients. *Radiat Res* 2013; 180:34. Copyright © 2013 Radiation Research Society. All rights reserved.

- ✓ 點選Graphic，選取想要的圖片/表格
- ✓ 點左上角Export to Powerpoint，UpToDate將協助您以PPT slide方式匯出喜歡的圖片/表格
- ✓ 右邊appears in topics會告知使用者此圖片使用於哪篇文章，也可直接點選閱讀

EPIDEMIOLOGY

Incidence — Radiation dermatitis occurs in approximately 95 percent of patients receiving radiotherapy, especially in skin cancer, breast cancer, head and neck cancer, lung cancer, or sarcoma [1,7-9]. The reason for the higher incidence cancer patient populations is due to a higher radiation dose to the skin. In most cases, the skin reaction is mild or moderate (table 2). Approximately 20 to 45 percent of patients experience moist desquamation and ulceration [10,11].

Risk factors — Risk factors for radiation dermatitis include patient-related factors, use of concurrent chemotherapy, and radiation dosing and schedule (table 3).

Medline® Abstract for Reference 1 of 'Radiation dermatitis'

PubMed

Objective: Frequency, severity, and longitudinal course of twelve common symptoms in 1129 consecutive patients during radiotherapy for cancer. Hickok JT, Morrow GR, Roscoe JA, Mustian K, Okunieff P, J Pain Symptom Manage. 2005;30(5):433.

Little is known about the frequency, severity, and course of symptoms experienced by patients receiving radiotherapy (RT). For this descriptive study, 1129 patients with a variety of cancer diagnoses completed a 12-item Symptom Inventory (SI) at the start of RT; 419 of these patients also completed the SI weekly for an additional 4 weeks (five data points). Eighty-four percent of the 1129 patients were already experiencing symptoms when treatment began. All symptoms significantly increased in frequency over a typical 5 week RT course (all Ps<0.001). Skin problems showed the largest increase. The most common symptoms (fatigue, drowsiness, and sleep problems) were also the most severe. Frequency and severity varied significantly by cancer site side effect risk at the time patient consent is obtained.

AD Department of Radiation Oncology and James P. Wilmot Cancer Center
PMID 16310617

- ✓ 文章字句中，會以數字方式告訴使用者引用文獻或者相關圖片
- ✓ 點選數字，可以看到文章摘要，要詳細閱讀請按上方PubMed或者下方PMID
- ✓ 文章最左邊topic outline可以找得到references以及Graphics

REFERENCES

GRAPHICS

view all

藥物交互作用 & Calculators

UpToDate®

Contents ▾ **Calculators** Drug Interactions UpToDate Pathways

Lexicomp® Drug Interactions

Add items to your list by searching below.

Enter item name

ITEM LIST

Clear List Analyze

X Avoid combination	C Monitor therapy	A No known interaction
D Consider therapy modification	B No action needed	More about Risk Ratings

下拉觀看定義

- D** Aspirin (Agents with Antiplatelet Properties)
Dong Quai (Herbs (Anticoagulant/Antiplatelet Properties))
- D** Aspirin (Salicylates)
Dong Quai (Herbs (Anticoagulant/Antiplatelet Properties))
- C** Capecitabine
NexLUM (Proton Pump Inhibitors)
- C** MetFORMIN (Agents with Blood Glucose Lowering Effects)
Aspirin (Salicylates)

View By Specialty List Alphabetically Search Calculators

ALLERGY AND IMMUNOLOGY CALCULATORS

- Clinical Criteria
 - Temperature unit conversions
 - Weight unit conversions
- Medical Equations
 - Absolute eosinophil count
 - Conventional (gravimetric, imperial, US) unit to SI unit conversions: Chemistry and endocrine tests
 - Conventional (gravimetric, imperial, US) unit to SI unit conversions: Immunology lab values
 - SI unit to conventional (gravimetric, imperial, US) unit conversions: Chemistry and endocrine tests
 - SI unit to conventional (gravimetric, imperial, US) unit conversions: Immunology lab values

ANESTHESIOLOGY CALCULATORS

- Clinical Criteria
 - APACHE II scoring system in adults
 - ARISCAT (Canet) preoperative pulmonary risk index in adults

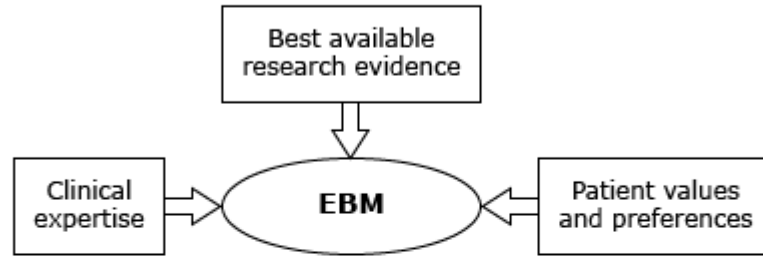
- ✓ UpToDate提供藥物交互作用，可以查詢食物&藥品或者藥品&藥品交互作用
- ✓ 輸入後點選Analyze→結果以字母呈現
- ✓ 點選組合，閱讀建議(Summary; Patient management; Discussion)

對於學生來說

- **UpToDate**是面對臨床問題可以使用的第一個工具
- 但不要忘记實證醫學下病人意願、文化等都是要考慮的因素，甚至要加上自己的臨床判斷
- 與老師不斷討論非常重要
- 不能因為有了**UpToDate**而其他資源不用，因為我們要有評讀**primary resource**的能力，全方面培養自己、提升**critical thinking**



Schematic diagram of components of evidence-based medicine



Evidence-based medicine is the care of patients using the best available research evidence to guide clinical decision making. The focus is upon applying the results of research involving patients and important clinical outcomes (eg, death, symptoms). Evidence-based medicine is meant to complement, not replace, clinical judgment tailored to individual patients. Similarly, evidence-based medicine and the delivery of culturally, socially, and individually sensitive and effective care are complementary, not contradictory.

EBM: evidence-based medicine.

UpToDate®

常問問題

- 忘記帳號密碼怎麼辦?

登入時，點選need help logging in?並且輸入註冊時使用的email

- 不同醫院實習需要創立不同帳號嗎?

不需要!同一組帳號密碼跟著使用者走，只要每到一間醫院，在媽媽網域下登入一次，重新認證步驟立即完成，就可以再使用90天>小薑在陽明大學註冊一個帳號，接著在高雄長庚實習，實習第一天在高雄長庚(媽媽帳號)任一電腦登入(重新認證)，即可再使用90天。

- UpToDate的編輯群會評讀哪一些文獻?

<https://www.uptodate.com/home/journals-reviewed-uptodate>

- UpToDate聽說有國際編輯團隊，請問有臺灣的醫師在裡面嗎?

<https://www.uptodate.com/home/physician-authors-and-editors>

- 哪些國家的臨床人員也使用UpToDate?

<https://www.uptodate.com/home/uptodate-around-world#:~:text=UpToDate%C2%AE%20offers%20individual%20and,experience%20mirrors%20efficiencies%20seen%20globally.>



↑點選觀看影片

1. *Answer your clinical questions*

解答臨床上遇到的問題

2. *Increase your clinical knowledge*

增加臨床上的知識

3. *Improve patient care*

提升病人照護品質



Wolters Kluwer-Learning websites

- UpToDate User Academy
 - <https://www.uptodate.com/home/uptodate-user-academy>
- Live Online Learning
 - <https://www.uptodate.com/home/online-tutorials>



我們會不定期在上面公布產品資訊或者全球線上講座，有任何使用上問題也可以與小編聯絡喔！

確認右上角的機構名稱為
「National Taiwan University Hospital」
(如果右上角沒有顯示NTUH，請見下一頁)

Search UpToDate



 COVID-19 Information

- [Clinical topics](#)
- [Society guidelines](#)
- [Patient education](#)
- [Questions and answers](#)
- [UpToDate Pathways](#)



- 館藏資源
- 電子資源
- 讀者服務
- 推廣活動
- 教研服務
- 關於本館

[館藏目錄](#) [PubMed](#) [整合查詢](#) [站內檢索](#)

請輸入書名、作者或關鍵字

[進階查詢](#) [個人借閱紀錄](#)

J.A.D.E.[MONEY FREE]

免費期刊文獻快遞服務

開放時間

今日：11月18日(週三)

圖書館：8:00 - 22:00

MORE

iSpace空間座位資訊

可用電腦座位：41

MORE

常用服務

點「校外連線設定」

1 [校外連線設定](#)

- [開放時間](#)
- [校外連線設定](#)
- [校內圖書代借](#)
- [JADE文獻快遞](#)
- [學科服務](#)
- [失物招領](#)
- [數位學習](#)
- [榮譽榜](#)
- [快速指引](#)
- [學習共享空間](#)





館藏資源

電子資源

讀者服務

推廣活動

教研服務

關於本館

首頁 > 電子資源 > 校外連線設定

電子資源

電子期刊 >

資料庫 >

電子資源App專區 >

EndNote >

校外連線設定 >

無線上網設定 >

網路資源 >

醫院同仁如何申請學校Email >

校外連線設定

提醒您！

校外連線採 Email 帳密之認證方式，若您尚未申請與身分別對應之 Email 帳號，建議您先向臺大計資中心 (02) 3366-5022 或醫院資訊室 (院內分機 61120) 洽詢申請。

校外連線之設定方式依身分別而異，請點選您的身分別：

+ 學校現職教職員工、在學學生及休學生

+ 醫院現職編制同仁 - 院外連線代理伺服器(Proxy)

+ 醫院現職專任編制同仁 - OpenAthens連線

醫院同仁校外連線設定

1. 「Proxy」
2. 「OpenAthens」(建議)

醫院現職專任編制同仁 - OpenAthens連線

- 申請方式及說明請參照：[OpenAthens申請表](#)
- 使用方式：PC&行動裝置
 - 登入OpenAthens認證畫面
 1. 在網址列輸入 `https://my.openathens.net`
 2. 輸入申請的OpenAthens帳號（電子信箱）及密碼即可使用。
 3. 使用說明請參考[OpenAthens使用說明](#)。

申請方式：

1. 到醫圖櫃檯索取表單填寫。
2. 下載申請表，填寫列印後，交至醫圖櫃檯。

※ 醫圖將於收件後3個工作天內發送啟用帳號信件

A healthcare professional, likely a nurse or medical assistant, is shown in a clinical setting. She is wearing light purple scrubs and has a blue stethoscope around her neck. She is looking towards the left of the frame, possibly at a computer monitor. In the background, another healthcare professional in blue scrubs is blurred, working at a desk. The scene is brightly lit, suggesting a window nearby. A blue semi-transparent banner is overlaid on the left side of the image, and a white box containing the Wolters Kluwer logo and name is positioned in the lower right area.

Thank You!



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