



UpToDate

臨床決策顧問資料庫


FlySheet
Med-Informatics

 Wolters Kluwer
Health

WHK 代理 – 飛資得醫學資訊



01

About UpToDate



FlySheet
Med-Informatics

Bud Rose教授

- 哈佛大學醫學院腎臟病學專家
- 醫學教科書編寫者
- UpToDate的創始人

他和他的同事在臨床和教學中發現

- 資訊增長太快
- 教科書出版即過時
- 常面臨臨床問題卻束手無策



Dr Bud Rose -
The Founder of UpToDate

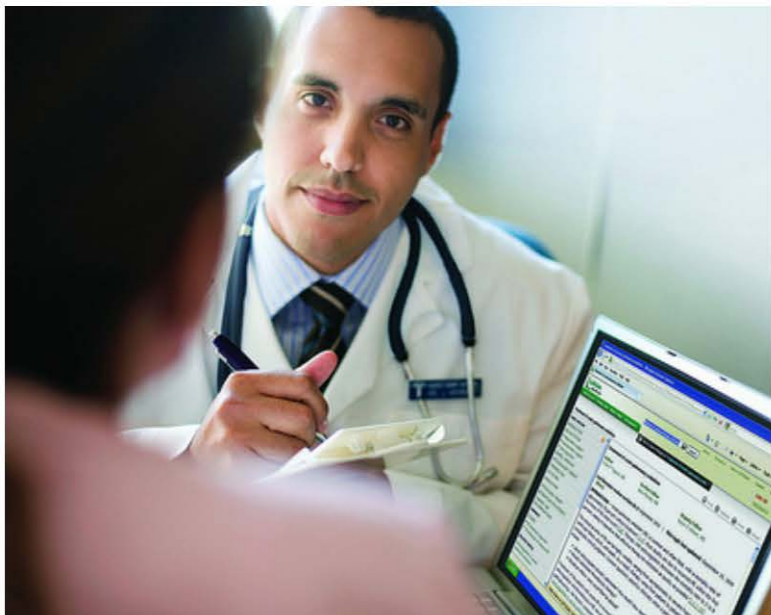
- UpToDate is an electronic evidence-based clinical decision support tool written by physicians to help clinicians
- 為醫師作者們執筆所撰寫提供實時臨床醫療訊息，被設計於與醫師們所遇之臨床問題能快速回覆，以協助醫師們進行診療上的判斷和決策

Answer your clinical questions 解答醫師在臨床上遇到的問題

Increase your clinical knowledge 新增醫師在臨床上的知識

Improve patient care 有助於其為患者提供更好的醫療





著名臨床專家針對各疾病
臨床問題確定專題內容

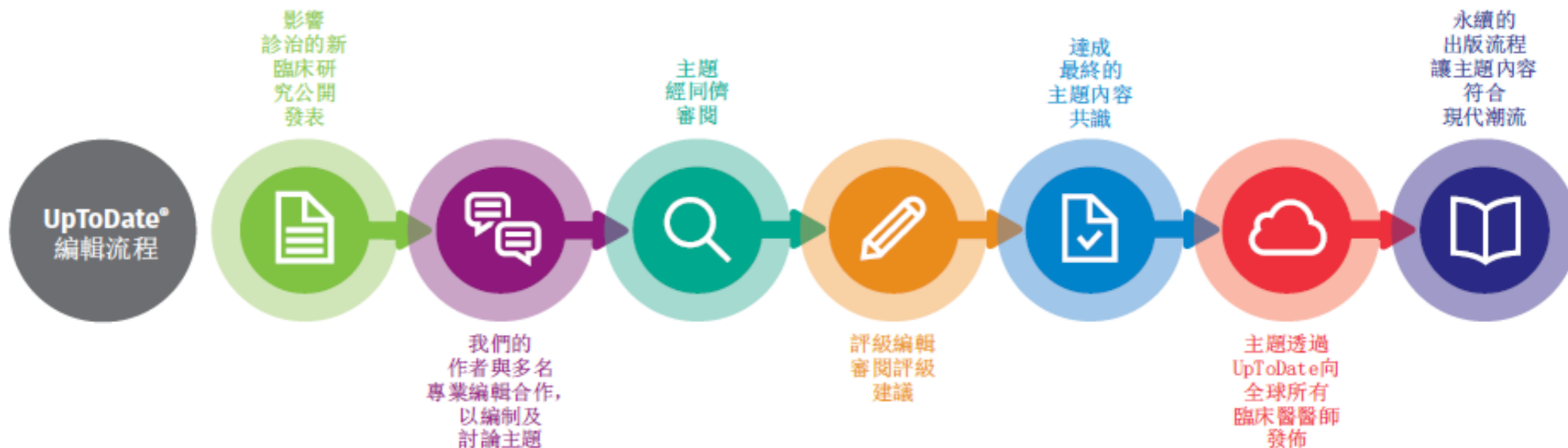
內部醫學編輯與作者
就專題內容達成一致

內部評級編輯根據醫學的原則對專
題中的推薦意見並進行評級

推薦各國知名醫生
作為專題的作者

同行專家對專題進行評議

專題內容正式
發佈



有 **187** 個國家/地區的醫師習慣採用 UpToDate

What's New/ Practice Changing UpDates

10,600+

Clinical topics

6,300+

Drug entries

1,500+

Patient topics

6,900+

Physician authors

CME/CPD

34,000+

Graphics

185+

Medical calculators

480,000+

Evidence links

25

Specialties



使用**UpToDate**的醫院...

醫療質量有所改善

- 醫院評鑑的**得分更高**

患者住院時間得以縮短

- 1年內減少了**372,000**天

患者死亡率出現下降

- 3年內挽救了**11,500**條生命



A background image showing a group of healthcare professionals, including a woman in the foreground wearing a white lab coat and a stethoscope, and several others in the background, some in blue scrubs. The image is partially covered by a teal and grey geometric overlay.

02

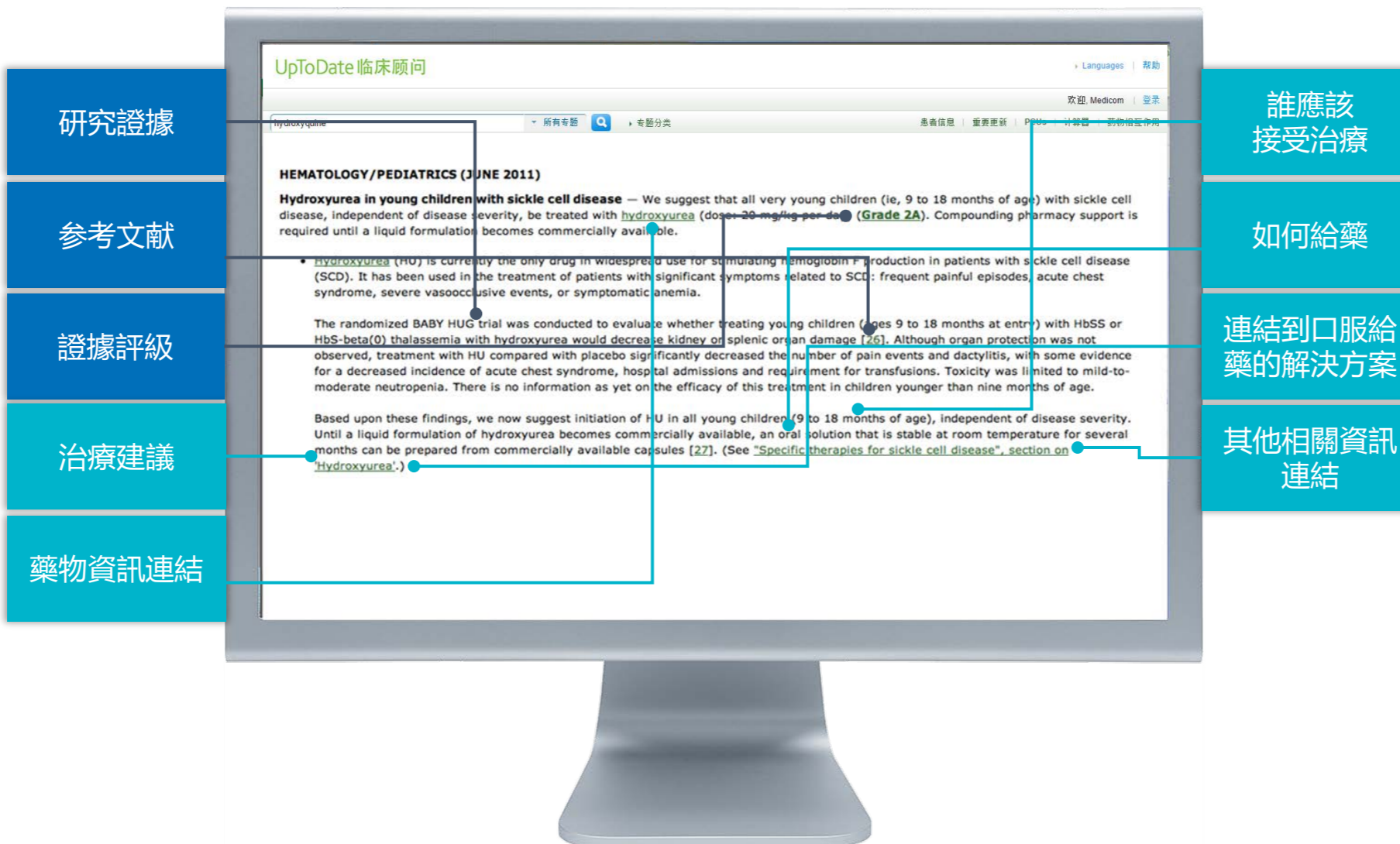


UpToDate 收錄主題暨實證內容

Specialties covered by UpToDate

- Allergy and Immunology
- Anesthesiology
- Cardiovascular Medicine
- Dermatology
- Emergency Medicine (Adult and Pediatric)
- Endocrinology and Diabetes
- Family Medicine
- Gastroenterology and Hepatology
- General Surgery
- Geriatrics
- Hematology
- Hospital Medicine
- Infectious Disease
- Nephrology and Hypertension
- Neurology
- Obstetrics, Gynecology and Women's Health
- Oncology
- Palliative Care
- Pediatrics
- Primary Care (Adult)
- Primary Care Sports Medicine (Adolescents and Adult)
- Psychiatry
- Pulmonary and Critical Care
- Rheumatology
- Sleep Medicine

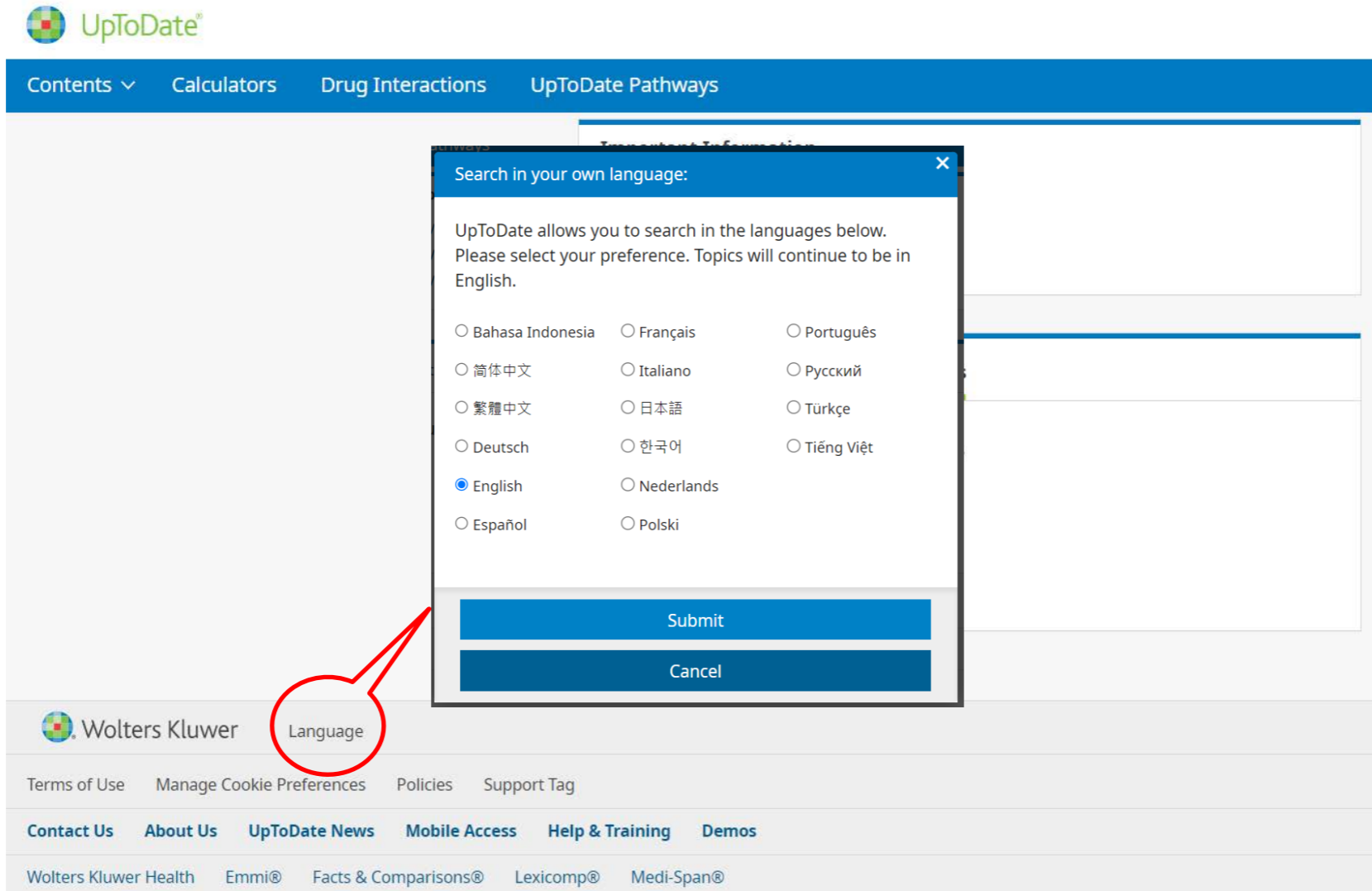
RECOMMENDATION GRADES 醫囑的強度 (診療建議的強度)		
Grade 1 1 級推薦	Strong Recommendation 強推薦	Benefits clearly outweigh the risks and burdens (or vice versa) for most, if not all, patients
	"We recommend..."	
Grade 2 2 級推薦	Weaker Recommendation 弱推薦	Benefits and risks closely balanced and/or uncertain
	"We suggest..."	
EVIDENCE GRADES 證據的品質(證據的強度)		
Grade A A 級證據	High Quality Evidence 高品質證據	Consistent evidence from randomized trials, or overwhelming evidence of some other form
Grade B B 級證據	Moderate Quality Evidence 中等品質證據	Evidence from randomized trials with important limitations, or very strong evidence of some other form
Grade C C 級證據	Low Quality Evidence 低品質證據	Evidence from observational studies, unsystematic clinical observations, or from randomized trials with serious flaws



A background image showing a close-up of two hands being held together, one with a ring, suggesting care or support.

03

UpToDate 操作説明



UpToDate®

Contents ▾ Calculators Drug Interactions UpToDate Pathways

Search in your own language: ×

UpToDate allows you to search in the languages below. Please select your preference. Topics will continue to be in English.

<input type="radio"/> Bahasa Indonesia	<input type="radio"/> Français	<input type="radio"/> Português
<input type="radio"/> 简体中文	<input type="radio"/> Italiano	<input type="radio"/> Русский
<input type="radio"/> 繁體中文	<input type="radio"/> 日本語	<input type="radio"/> Türkçe
<input type="radio"/> Deutsch	<input type="radio"/> 한국어	<input type="radio"/> Tiếng Việt
<input checked="" type="radio"/> English	<input type="radio"/> Nederlands	
<input type="radio"/> Español	<input type="radio"/> Polski	

Submit

Cancel

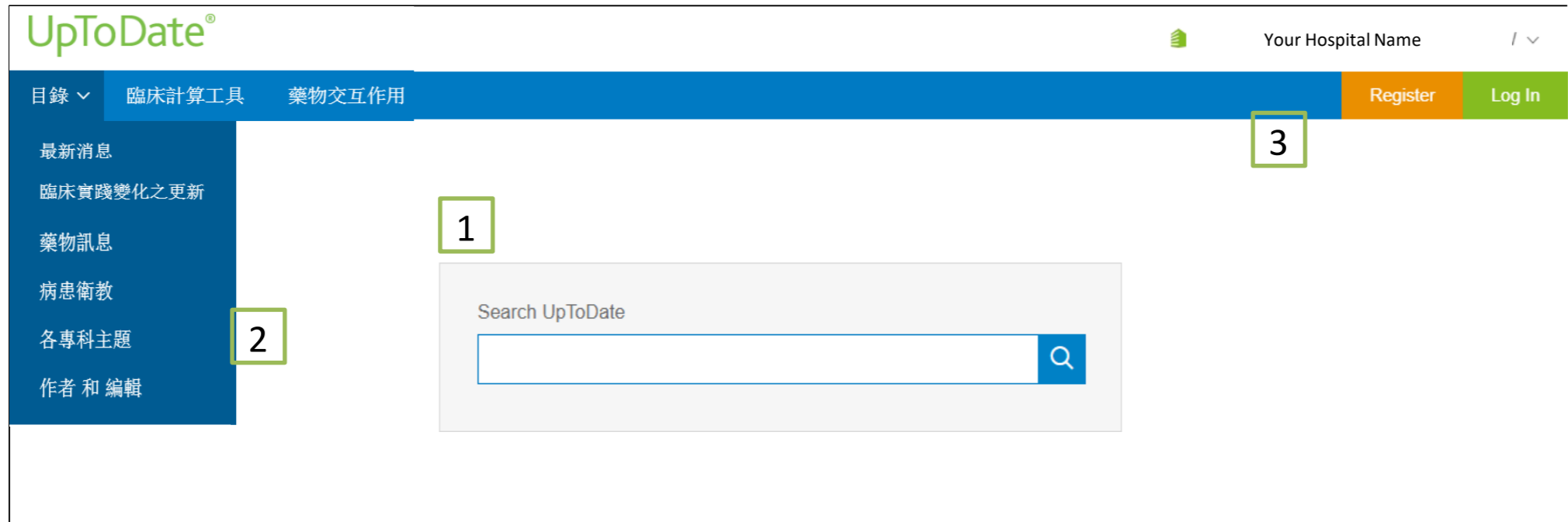
Wolters Kluwer Language

Terms of Use Manage Cookie Preferences Policies Support Tag

Contact Us About Us UpToDate News Mobile Access Help & Training Demos

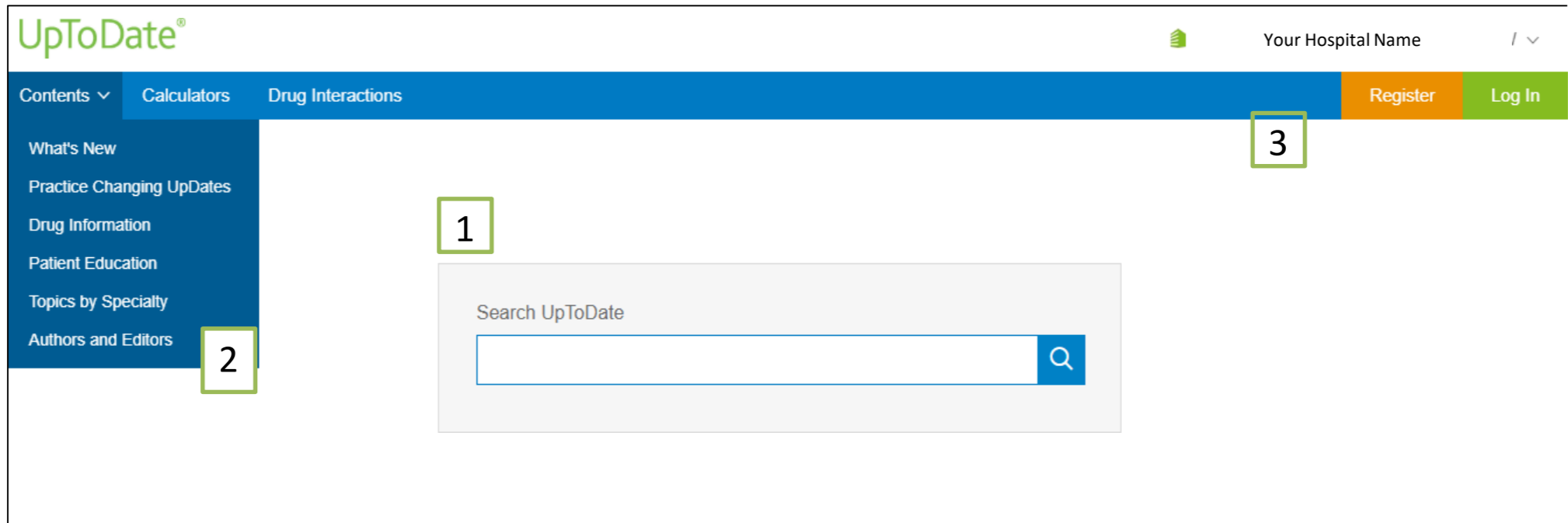
Wolters Kluwer Health Emmi® Facts & Comparisons® Lexicomp® Medi-Span®

UpToDate 資料庫首頁設計十分清晰簡潔，使用者可以挑選需要的功能開始進行檢索



1. 主要檢索欄位：可以輸入疾病、症狀、藥名等，建議以英文進行檢索，結果比較完整
2. 主要功能表：除了直接鍵入關鍵字進行檢索，也可以利用主要功能表直接選擇需要的檢索功能，包含：最新消息、藥物訊息、各專科主題等等
3. 頁面右上角為使用者完成行動版帳號註冊或是行動版帳號登入

UpToDate 資料庫首頁設計十分清晰簡潔，使用者可以挑選需要的功能開始進行檢索



1. 主要檢索欄位：可以輸入疾病、症狀、藥名等，建議以英文進行檢索，結果比較完整
2. 主要功能表：除了直接鍵入關鍵字進行檢索，也可以利用主要功能表直接選擇需要的檢索功能，包含：最新消息、藥物訊息、各專科主題等等
3. 頁面右上角為使用者完成行動版帳號註冊或是行動版帳號登入

The screenshot shows the UpToDate search results for 'influenza'. The search bar at the top contains the word 'influenza' and a magnifying glass icon. Below the search bar is a blue navigation bar with links for '目錄' (Table of Contents), '臨床計算工具' (Clinical Calculators), and '藥物交互作用' (Drug Interactions). Underneath this is a grey bar indicating '顯示與 influenza 相關的結果' (Showing results related to influenza), with a green box containing the number '2' next to it. Below this are four filter buttons: '所有主題' (All Topics), '成人' (Adults), '兒童' (Children), '病患' (Patients), and '圖表' (Charts). The search results are listed below the filters, with the first result, 'Seasonal influenza in children: Clinical features and diagnosis', highlighted with a green box containing the number '1'. The other visible results are 'Treatment of seasonal influenza in adults' and 'Clinical manifestations of seasonal influenza in adults'.

UpToDate® influenza

目錄 ▾ 臨床計算工具 藥物交互作用

顯示與 **influenza** 相關的結果 2

所有主題 成人 兒童 病患 圖表

Treatment of seasonal influenza in adults

Seasonal influenza in children: Clinical features and diagnosis 1

Clinical manifestations of seasonal influenza in adults

1. 檢索結果：主題式排列，顯示結果為關聯性越高支主題排列在越上面
2. 資料庫進階篩選：可依需求進行篩選，選項有：成人相關主題、兒童相關主題、病患衛教資訊以及相關圖表

UpToDate® influenza Virginia Chiu CME 68.0 登入

目錄 ▾ 臨床計算工具 藥物交互作用 UpToDate Pathways

< 返回搜尋結果 influenza 查找 患者 列印 分享 A 書籤

Topic Outline

- SUMMARY & RECOMMENDATIONS
- WHAT'S NEW
- INTRODUCTION
- BENEFITS OF THERAPY
- ANTIVIRAL THERAPY

Treatment of seasonal influenza in adults

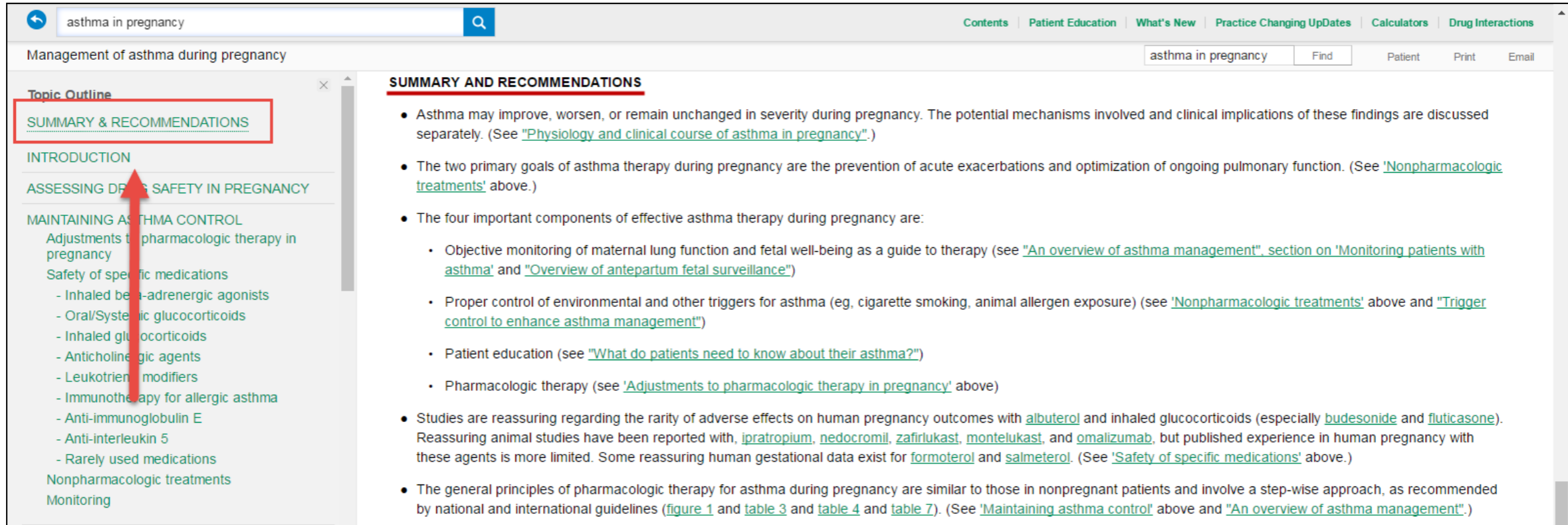
Author: [Kimon C Zachary, MD](#)
Section Editor: [Martin S Hirsch, MD](#)
Deputy Editor: [Anna R Thorner, MD](#)

[Contributor Disclosures](#)

All topics are updated as new evidence becomes available and our [peer review process](#) is complete.

Literature review current through: **Mar 2019**. | This topic last updated: **Apr 09, 2019**.

1. 主題名稱
2. 作者以及編輯名字
3. 主題更新日期：本篇主題最近更新日期會詳細註明年、月、日
4. 頁面左手邊為該主題之分段，最上方的「SUMMARY & RECOMMENDATIONS」可以讓讀者查詢本篇主題之大意，若該主題有相關實證等級，也會列在這個段落



asthma in pregnancy

Contents | Patient Education | What's New | Practice Changing UpDates | Calculators | Drug Interactions

asthma in pregnancy Find Patient Print Email

Management of asthma during pregnancy

Topic Outline

SUMMARY & RECOMMENDATIONS

INTRODUCTION

ASSESSING DRUG SAFETY IN PREGNANCY

MAINTAINING ASTHMA CONTROL

- Adjustments to pharmacologic therapy in pregnancy
- Safety of specific medications
 - Inhaled beta₂-adrenergic agonists
 - Oral/Systemic glucocorticoids
 - Inhaled glucocorticoids
 - Anticholinergic agents
 - Leukotriene modifiers
 - Immunotherapy for allergic asthma
 - Anti-immunoglobulin E
 - Anti-interleukin 5
 - Rarely used medications
- Nonpharmacologic treatments
- Monitoring

SUMMARY AND RECOMMENDATIONS

- Asthma may improve, worsen, or remain unchanged in severity during pregnancy. The potential mechanisms involved and clinical implications of these findings are discussed separately. (See ["Physiology and clinical course of asthma in pregnancy"](#).)
- The two primary goals of asthma therapy during pregnancy are the prevention of acute exacerbations and optimization of ongoing pulmonary function. (See ["Nonpharmacologic treatments"](#) above.)
- The four important components of effective asthma therapy during pregnancy are:
 - Objective monitoring of maternal lung function and fetal well-being as a guide to therapy (see ["An overview of asthma management"](#), section on ["Monitoring patients with asthma"](#) and ["Overview of antepartum fetal surveillance"](#))
 - Proper control of environmental and other triggers for asthma (eg, cigarette smoking, animal allergen exposure) (see ["Nonpharmacologic treatments"](#) above and ["Trigger control to enhance asthma management"](#))
 - Patient education (see ["What do patients need to know about their asthma?"](#))
 - Pharmacologic therapy (see ["Adjustments to pharmacologic therapy in pregnancy"](#) above)
- Studies are reassuring regarding the rarity of adverse effects on human pregnancy outcomes with [albuterol](#) and inhaled glucocorticoids (especially [budesonide](#) and [fluticasone](#)). Reassuring animal studies have been reported with [ipratropium](#), [nedocromil](#), [zafirlukast](#), [montelukast](#), and [omalizumab](#), but published experience in human pregnancy with these agents is more limited. Some reassuring human gestational data exist for [formoterol](#) and [salmeterol](#). (See ["Safety of specific medications"](#) above.)
- The general principles of pharmacologic therapy for asthma during pregnancy are similar to those in nonpregnant patients and involve a step-wise approach, as recommended by national and international guidelines ([figure 1](#) and [table 3](#) and [table 4](#) and [table 7](#)). (See ["Maintaining asthma control"](#) above and ["An overview of asthma management"](#).)

UpToDate®

Welcome, Joanna Beiter | My Account | CME 30.5 | Log Out

asthma

Search Results for "asthma"

All Adult Pediatric Patient **Graphics**

Assessing fatal asthma risk

Asthma and COPD

Management of moderate asthma

Use of PFTs to diagnose asthma in adults and adolescents

Management of asthma exacerbations: home treatment

Management of severe asthma in children

Occupational asthma

Natural history of occupational asthma with a latency period

Asthma diary

Management of asthma exacerbations:

Irritant-induced asthma

Irritant-induced asthma

Asthma Control Test®

Management of asthma exacerbations in

Occupational asthma diagnosis

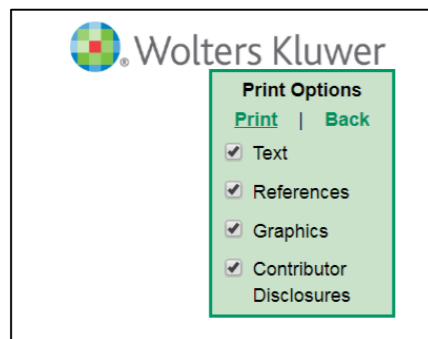
Asthma and its treatment

1. 主題頁右上角選擇 “列印

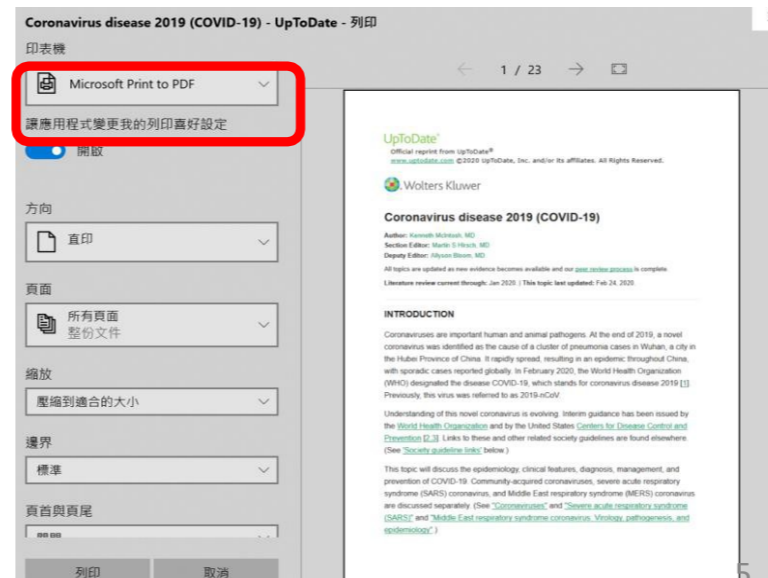


UpToDate interface showing the article "Treatment of seasonal influenza in adults". The "列印" (Print) button is highlighted in the top right navigation bar. The article title is "Treatment of seasonal influenza in adults". The author is Kimon C Zachary, MD. The section editor is Martin S Hirsch, MD. The deputy editor is Anna R Thorner, MD. The article is updated as new evidence becomes available and the peer review process is complete. The literature review current through is Mar 2019, and the topic last updated is Apr 09, 2019.

2. 選擇想要列印/轉檔的內容

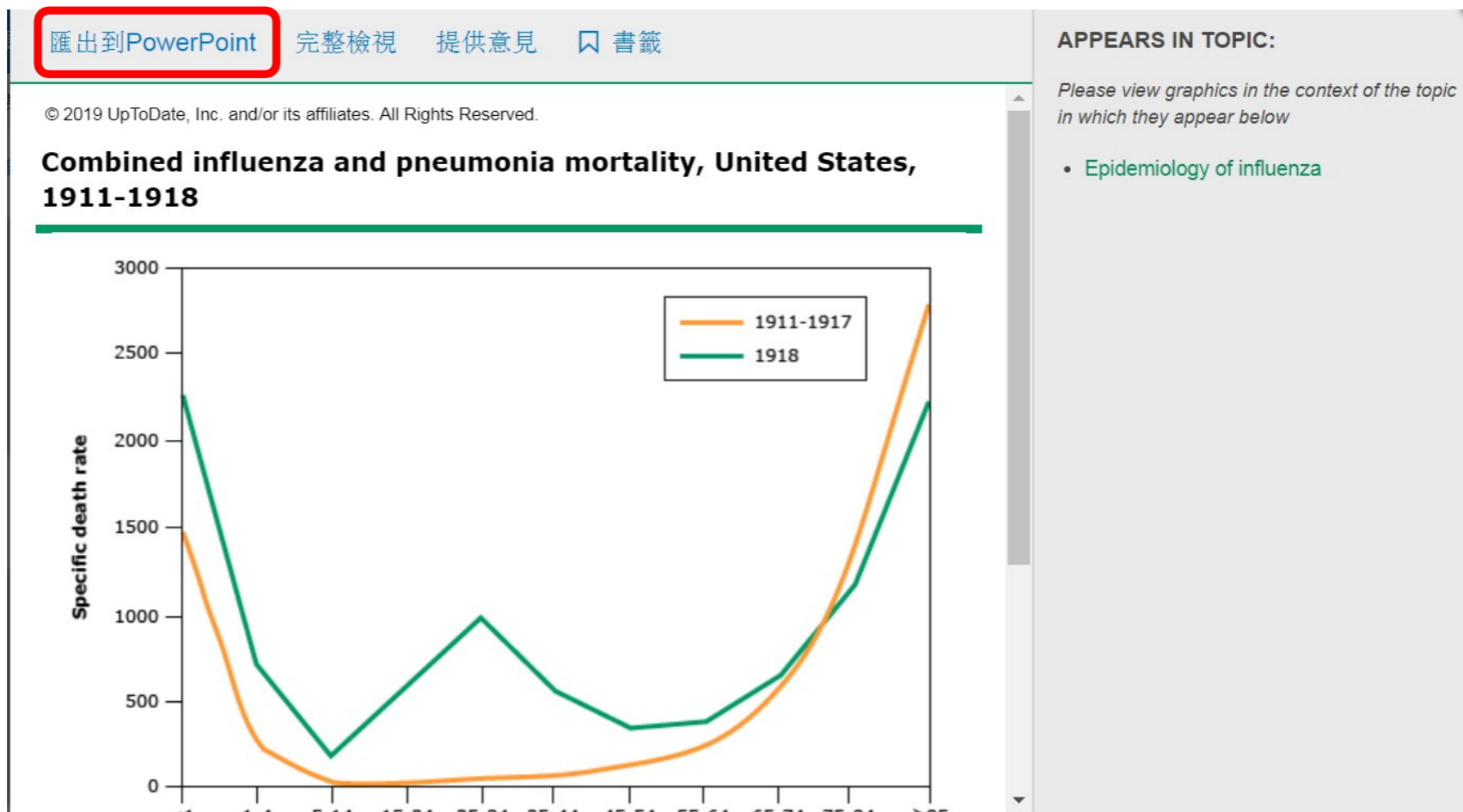


3. 列印選項中請選 “Save as PDF”



說明：另存成PDF的功能會隨著瀏覽器版本的不同而有所差異

在UpToDate中選擇想要轉檔的圖片，並點選左上角之“ Export to Powerpoint”即可直接取得圖片檔案



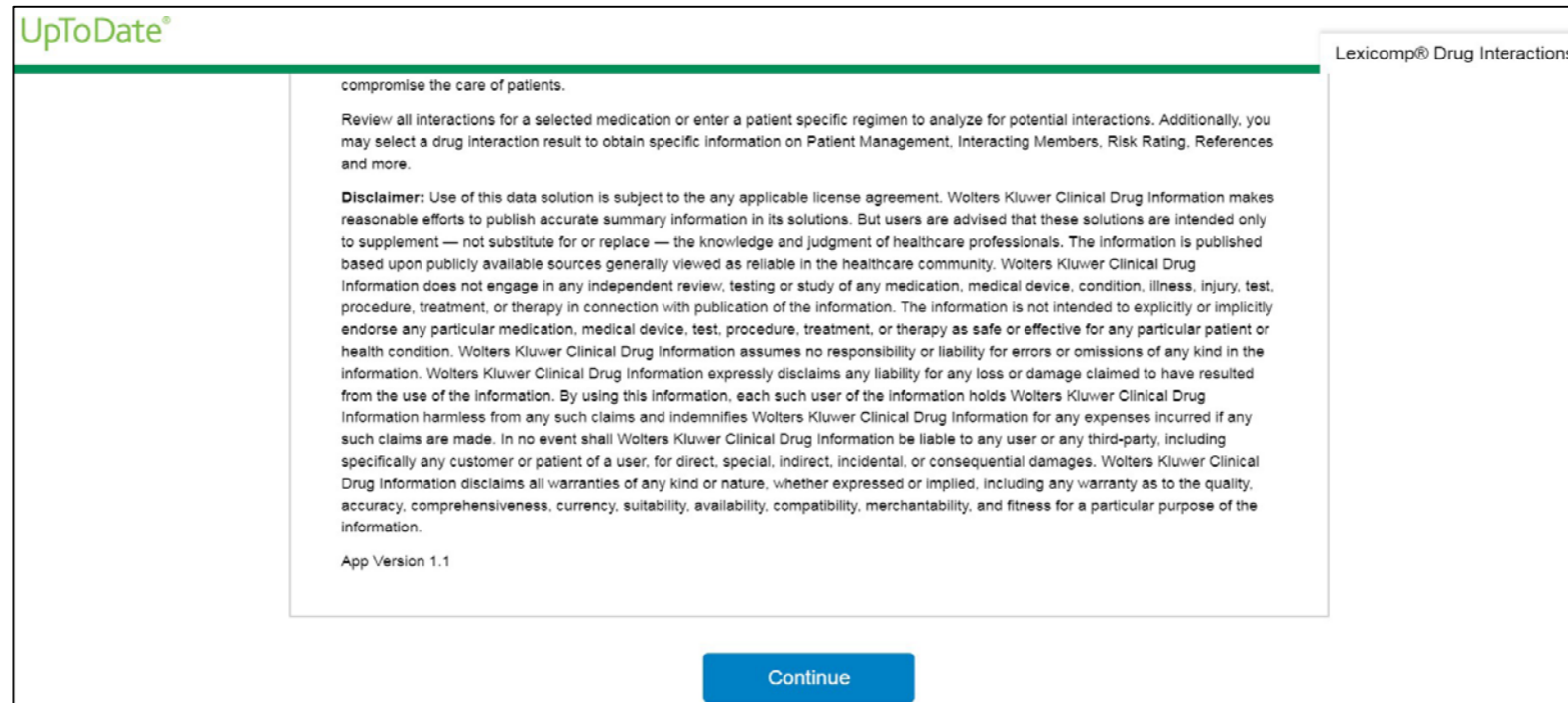
1. 首頁上方選擇「藥物交互作用」

目錄 ▾

臨床計算工具

藥物交互作用

2. 使用說明拉至頁面下方選擇「Continue」



UpToDate® Lexicomp® Drug Interactions

Add items to your list by searching below.

Enter item name 1

ITEM LIST

Clear List Analyze

2

- Cabometyx
- Grapefruit Juice
- Vitamin A
- Dong Quai

Display complete list of interactions for an individual item by clicking item name.

風險等級

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

5 Results 3 Filter Results by Item ▼ Print

X	Cabometyx (Cabozantinib) Grapefruit Juice
D	Warfarin (Anticoagulants) Dong Quai (Herbs (Anticoagulant/Antiplatelet Properties))
C	Warfarin Cabometyx (Cabozantinib)
C	Warfarin (Vitamin K Antagonists) Vitamin A
B	Warfarin Grapefruit Juice

DISCLAIMER: Readers are advised that decisions regarding drug therapy must be based on the independent judgment of the clinician, changing information about a drug (eg, as reflected in the literature and manufacturer's most current product information), and changing medical practices.

1. 畫面左上面可以直接鍵入想要查詢的藥物名稱，也可以查詢食材、保健食品、中藥 等
2. 選定的項目將會移至下方的分析表，可以選擇的項目沒有數量限制
3. 按下「Analyze」後，系統會兩兩一組進行分析，並列出分析風險等級結果

UpToDate® 搜尋 UpToDate

目錄 ▾ 臨床計算工具 藥物交互作用

Calculators

View By Specialty List Alphabetically BMI

ANESTHESIOLOGY CALCULATORS

Medical Equations

Body mass index (BMI; Quetelet's index) in adults

DERMATOLOGY CALCULATORS

Medical Equations

Body mass index (BMI) for adults (Metric, Patient education)

Body mass index (BMI) for adults (Patient education)

選擇上方功能表之「臨床計算工具」後，直接鍵入需要的計算公式，目前收錄180+種的公式

04



院外使用-註冊個人帳號

MEDICAL
CARE

UpToDate®

1. 首次註冊需在醫院內IP(醫院網路)下完成註冊。
2. 完成註冊後，帳密可供院外使用以及APP使用。
3. 可同時在一台電腦+兩台行動裝置登入使用。
4. 每90天需回到醫院IP (醫院網路)下做登入以延續帳密使用權。(網址：<http://www.uptodate.com/login>)
5. APP 支援IOS以及Android兩大系統。

1. 院內：在醫院IP (醫院網路)內透過電腦使用UpToDate，不需要登入帳密
2. 院外：
 - (1) 使用家用電腦或者筆記型電腦，網址輸入
<http://www.uptodate.com/login>，Log in 帳密後就能使用
 - (2) 使用平板或手機：安裝APP後，Log in 帳密後就能使用

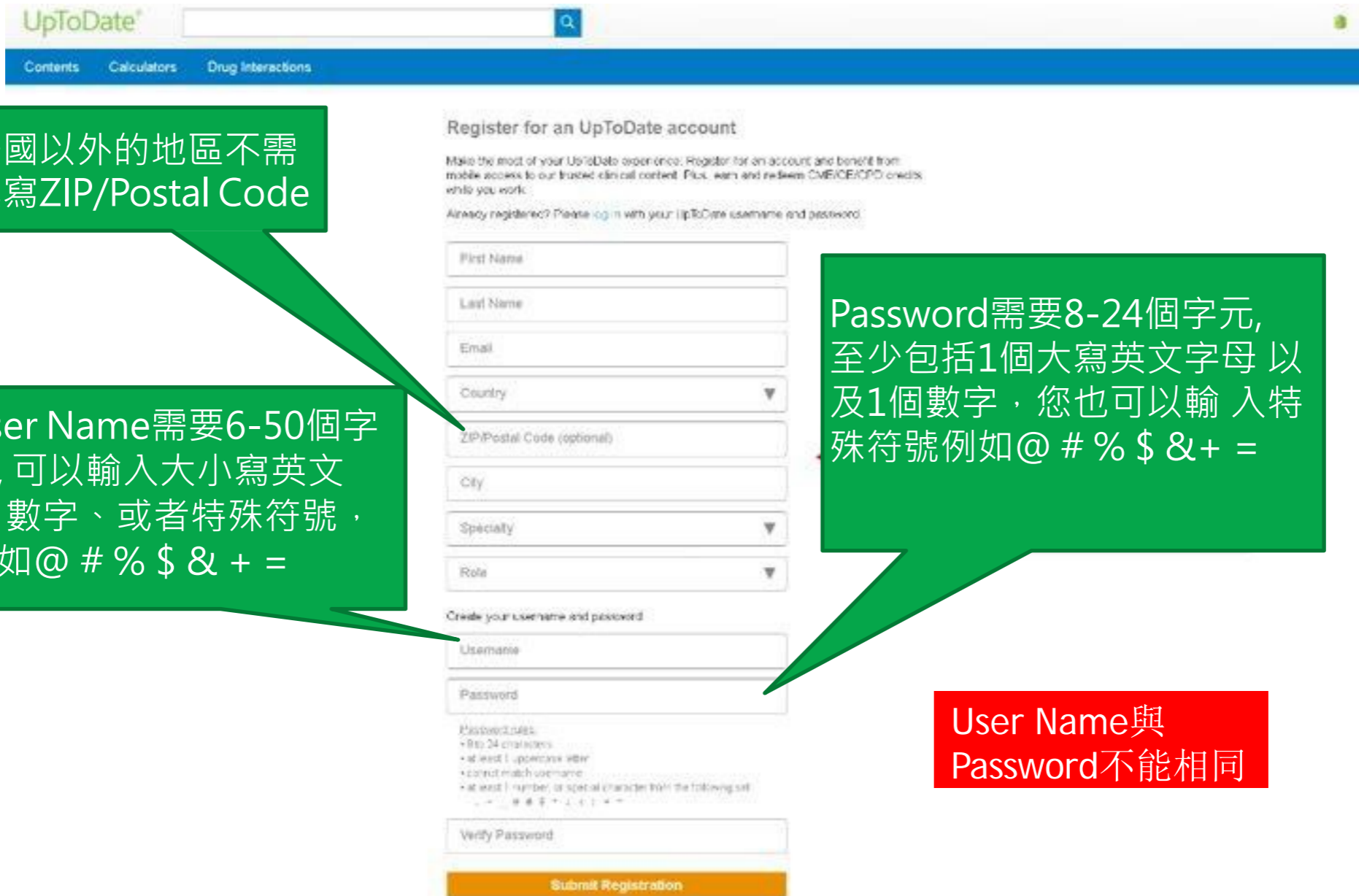
註：每90天需回到 IP下做登入以延續帳密使用權。

(網址：<http://www.uptodate.com/login>)

<http://www.uptodate.com/online/>



需要在院內IP(醫院網路)，使用電腦點選Register



The image shows the UpToDate registration page. The form is titled "Register for an UpToDate account". It includes fields for First Name, Last Name, Email, Country (dropdown), ZIP/Postal Code (optional), City, Specialty (dropdown), and Role (dropdown). Below these is a section for "Create your username and password" with fields for Username and Password, and a "Verify Password" field. A "Submit Registration" button is at the bottom. Annotations in green speech bubbles provide specific rules for the form fields.

美國以外的地區不需填寫ZIP/Postal Code

User Name需要6-50個字元, 可以輸入大小寫英文、數字、或者特殊符號, 例如@ # % \$ & + =

Password需要8-24個字元, 至少包括1個大寫英文字母 以及1個數字, 您也可以輸入特殊符號例如@ # % \$ & + =

User Name與 Password不能相同

Register for an UpToDate account

Make the most of your UpToDate experience: Register for an account and benefit from mobile access to our trusted clinical content. Plus, earn and redeem CME/CE/CPE credits while you work.

Already registered? Please log in with your UpToDate username and password.

First Name

Last Name

Email

Country

ZIP/Postal Code (optional)

City

Specialty

Role

Create your username and password

Username

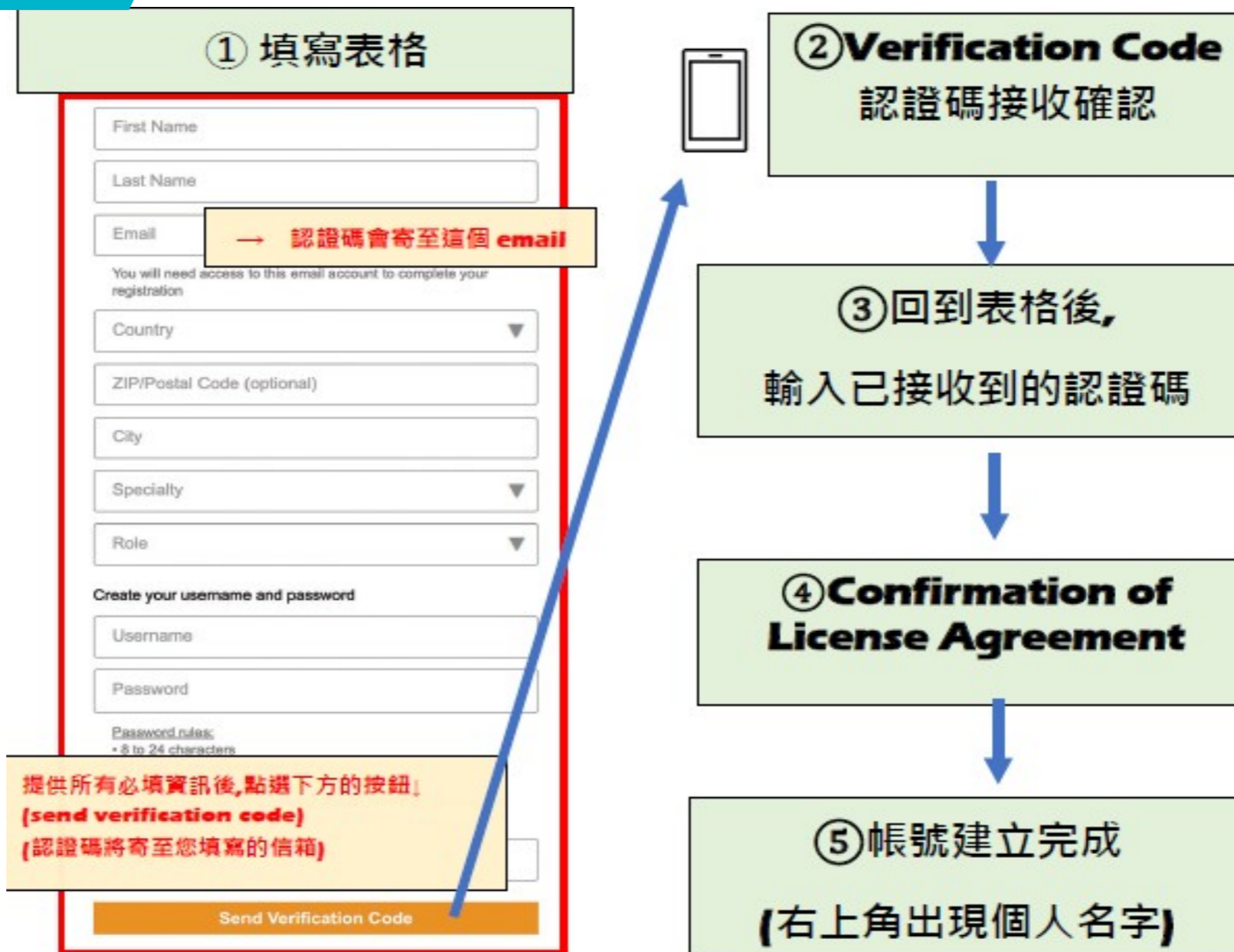
Password

Display rules:

- 8 to 24 characters
- at least 1 uppercase letter
- cannot match username
- at least 1 number, or special character from the following set: ! " # \$ % & ' () * + , - . / : ;

Verify Password

Submit Registration



Register for an UpToDate account

Make the most of your UpToDate experience: Register for an account and benefit from mobile access to our trusted clinical content. Plus, earn and redeem CME/CE/CPD credits while you work.

Already registered? Please [log in](#) with your UpToDate username and password.

First Name	名字
Last Name	姓氏
Email	需要接受確認→認證碼
You will need access to this email account to complete your registration	
Country	Taiwan ▼
ZIP/Postal Code (optional)	郵遞區號,不需填寫
City	居住縣市
Specialty	專科 ▼
Role	職稱 ▼

< 註冊表格填寫 >

Create your username and password

Username	6 字元以上, (相同帳號不可重複使用)
Password	8 字元以上, 需含一個大寫/數字, 或者特殊符號
<u>Password rules:</u> <ul style="list-style-type: none">• 8 to 24 characters• at least 1 uppercase letter• cannot match username• at least 1 number, or special character from the following set: ., - _ @ # \$ % ^ & * ! () + =	
Verify Password	再次輸入密碼

Send Verification Code

UpToDate 連線網址

<http://www.uptodate.com/login>

The screenshot shows the UpToDate website's login interface. At the top, there is a search bar with the UpToDate logo and a search button. Below this is a navigation bar with links for Contents, Calculators, and Drug Interactions. On the right side of the navigation bar are buttons for Register and Log In. The main content area features a 'Log In' section with input fields for 'UpToDate Username' and 'UpToDate Password'. There is a 'Remember me' checkbox and links for 'Forgot Username or Password?', 'OpenAthens Log In', and 'Institutional Log In'. Below the input fields are buttons for 'Log In' and 'Register Now'. A green callout box with white text is positioned to the right of the login fields, with a red arrow pointing to the 'Log In' button. The text in the box reads: '如果您已經有帳號, 直接登入您的帳號。' (If you already have an account, log in directly with your account.)

UpToDate® Search UpToDate

UpToDate Medical Center

Contents Calculators Drug Interactions Register Log In

Log In

UpToDate Username

UpToDate Password

☐ Remember me [Forgot Username or Password?](#)

[OpenAthens Log In](#) [Institutional Log In](#)

Log In

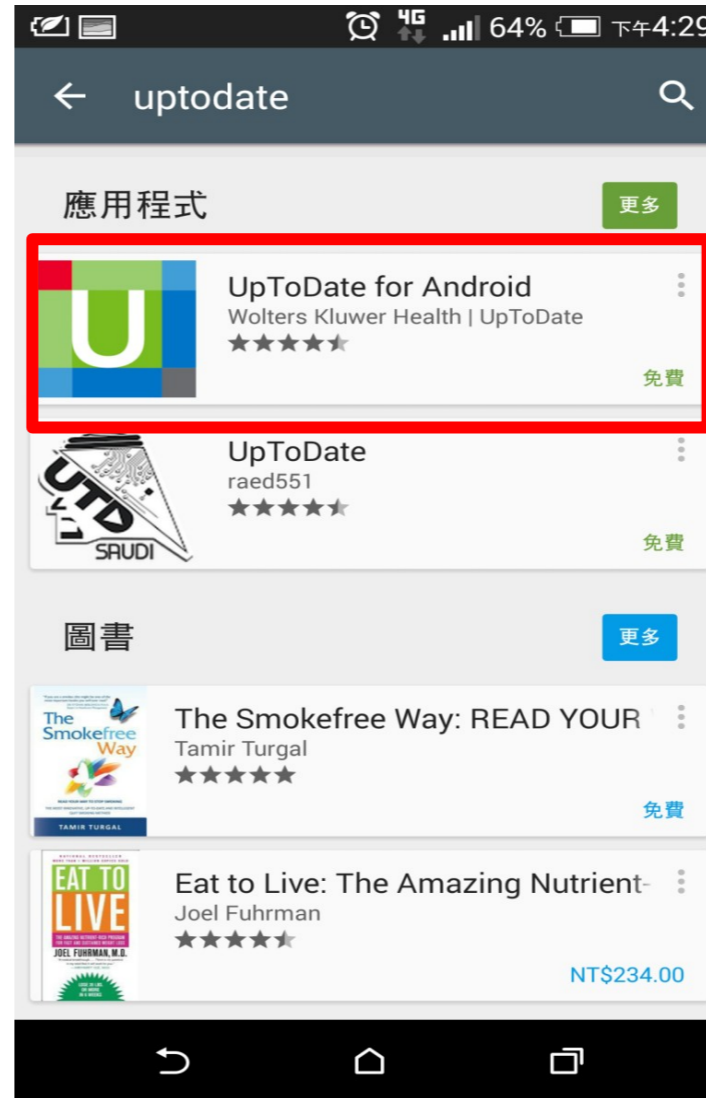
Register Now

Make the most of your UpToDate experience: Register for an account and benefit from mobile access to our trusted clinical content. Plus, earn and redeem CME/CE/CPD credits while you work.

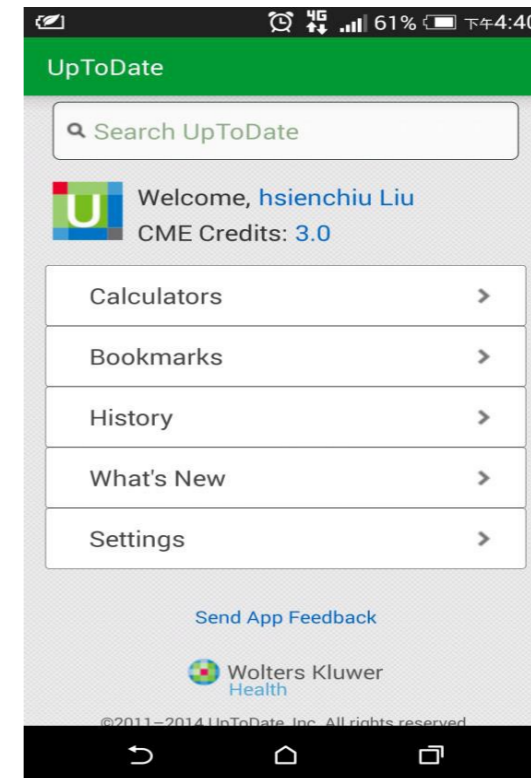
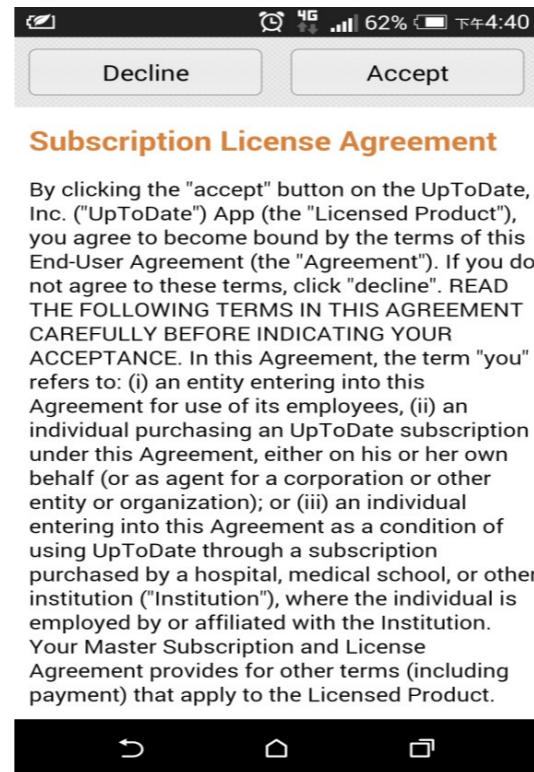
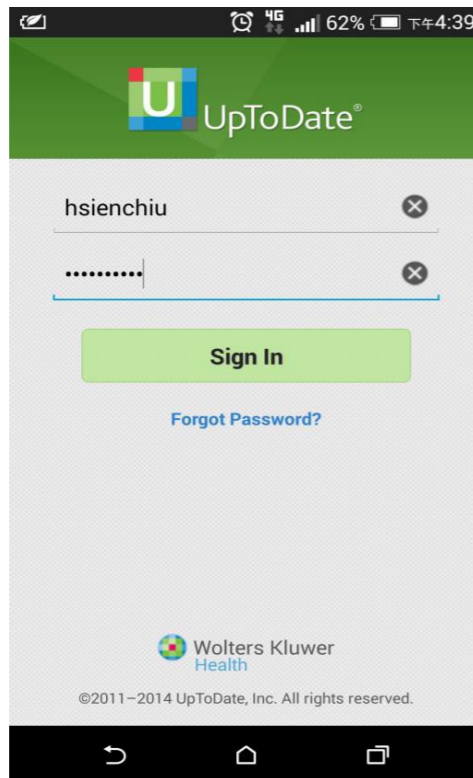
如果您已經有帳號, 直接登入您的帳號。

以Android為例

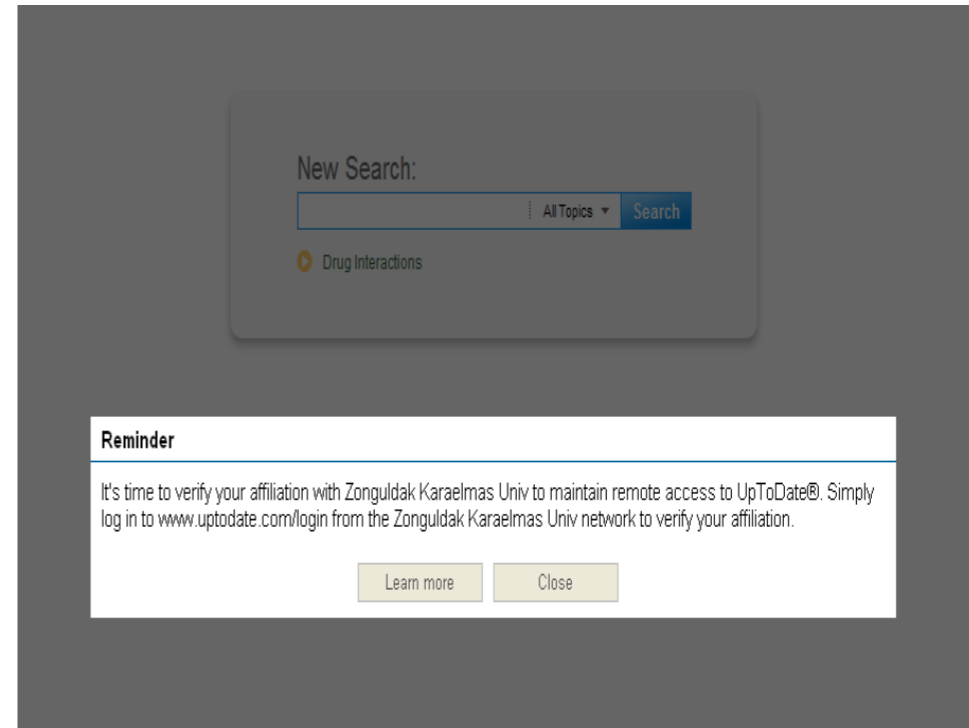
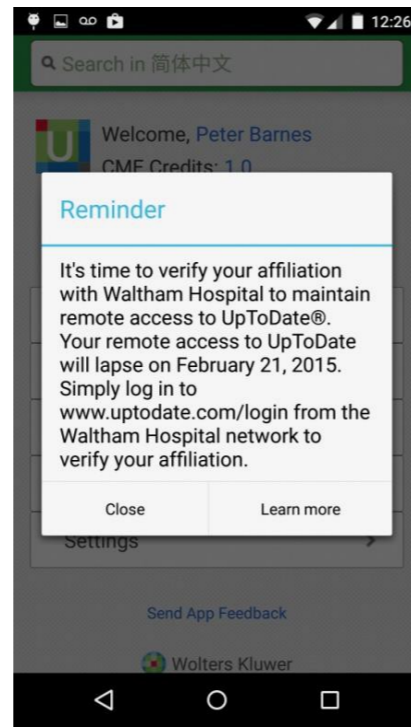
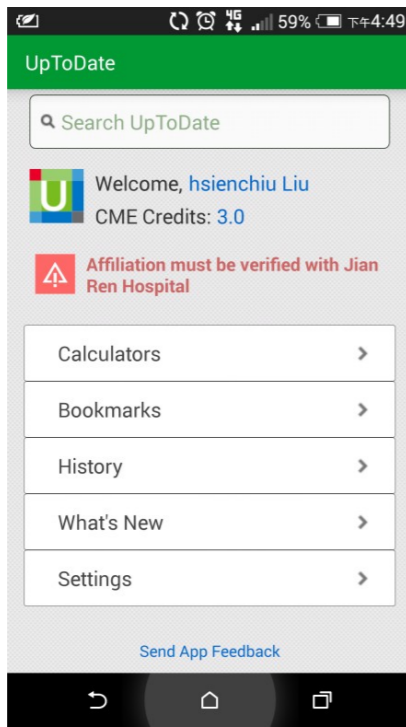
- 進入Play Store
- 搜尋UpToDate
- 點擊UpToDate
- 點擊下載



1. 打開UpToDate應用程式, 登入您剛剛註冊的帳號與密碼, 點選Sing In。
2. 登入後點選右上角的Accept，同意使用規範。
3. 進入行動裝置首頁。



每90天內您必須在院內IP(醫院網路)內使用電腦登入您的帳號，以延展您的帳號使用有效期，只要您有下載App，當您打開App時會出現提醒。



THANKS & QUESTIONS

產品試用及更多資訊，

請洽飛資得醫學 –

emedical@flysheet.com.tw

