Answering Clinical Questions at the Point of Care

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Agenda

• About UpToDate
• Evidence Grading
• How to Search
• Q&A
About UpToDate

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

- 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 Interactions
Quick Facts about UpToDate

- 5,700+ world-renowned physician authors (international)
- 10,000+ clinical topic in 22 specialties
- 5,200+ unique drug entries in adult, pediatrics, international and natural drugs (Lexi-Comp)
- 27,000+ graphics
- 380,000+ references (Medline)
- 140+ Medical calculators
- Nearly 1500 Patient Information
- Updated Frequently
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 Medicine
Rheumatology

Palliative care(2014.7)
Specialties 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

<table>
<thead>
<tr>
<th>RECOMMENDATION GRADES</th>
<th>EVIDENCE GRADES</th>
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<tbody>
<tr>
<td>Grade 1</td>
<td>Strong Recommendation</td>
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<tr>
<td></td>
<td>“We recommend...”</td>
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<td></td>
<td>Benefits clearly outweigh the risks and burdens (or vice versa) for most, if not all, patients</td>
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<tr>
<td>Grade 2</td>
<td>Weaker Recommendation</td>
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<tr>
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<td>“We suggest...”</td>
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<tr>
<td></td>
<td>Benefits and risks closely balanced and/or uncertain</td>
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<tr>
<td>Grade A</td>
<td>High Quality Evidence</td>
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<td>Consistent evidence from randomized trials, or overwhelming evidence of some other form</td>
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<tr>
<td>Grade B</td>
<td>Moderate Quality Evidence</td>
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<tr>
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<td>Evidence from randomized trials with important limitations, or very strong evidence of some other form</td>
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<tr>
<td>Grade C</td>
<td>Low Quality Evidence</td>
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<tr>
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<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 Recommendation
  - Drug Information
    - systemic, topical, inhalation, nasal, ophthalmic
  - Test & Cases
  - Newsletter
How to use UpToDate based on a Clinical scenario

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.

Expert Series Tip
http://www.uptodate.com/home/expert-user-zt