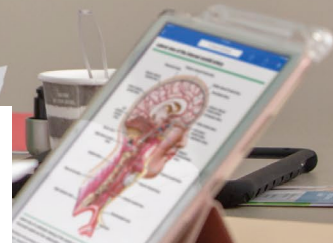




Health

A Nurses' Guide to Using UpToDate®



Key UpToDate Features:

- 1 Full search functionality for nurses
- 2 Graphics and tables
- 3 Nurse-relevant links within a topic
- 4 Drug information and drug interactions
- 5 Patient education leaflets
- 6 Calculators
- 7 Create your own personalized homepage
- 8 Continuing Medical Education (CME/CPD)
- 9 Remote access

Nurses and nurse practitioners can use UpToDate® throughout the patient journey from admission to discharge. You can search topics on conditions and treatments, access graphics and videos, research drug information, and share patient education. **You will also be able to promote shared decision-making with your patients and support best practices in care.**

1

Full search functionality for nurses

Enter sign, symptom, condition, procedure, protocol. Be specific in what you are searching for.

Search UpToDate



Examples of search terms

- ▶ COVID-19 extubation
- ▶ Blood transfusion reaction
- ▶ ECG tutorial
- ▶ Lacerations ("oral," "scalp," etc.) aftercare
- ▶ Catheters (i.e. intravenous, urinary tract-prevention of infections, placement of)
- ▶ Pressure sores
- ▶ Intra-abdominal pressure
- ▶ Chest drain/ chest tube
- ▶ Surgical site infection prevention
- ▶ Diabetes

TRUSTED RESOURCE
FOR NURSING

*9 out of 10 nurses and nurse practitioners using UpToDate say they are very to extremely satisfied.**

2 Graphics and tables to support nurses (RN, BSN, MN, or NP) and continued education

Search example: contact dermatitis.

Use filters to quickly identify graphics related to:

- Early detection of patient health changes
- Patient cases
- Algorithms and charts for patient treatment, and management

The screenshot shows the UpToDate search results for 'contact dermatitis'. The interface includes a search bar at the top with the text 'contact dermatitis'. Below the search bar, there are tabs for 'All', 'Adult', 'Pediatric', 'Patient', and 'Graphics'. The 'Graphics' tab is selected, and a grid of 18 clinical images is displayed. Each image has a caption below it, such as 'Allergic contact dermatitis', 'Chronic irritant contact dermatitis', 'Subacute allergic contact dermatitis', 'Acute irritant contact dermatitis', 'Contact dermatitis of the feet', 'Acute allergic contact dermatitis', 'Poison ivy allergic contact dermatitis', 'Allergic contact dermatitis of the hand', 'Contact dermatitis of the periorbital skin', 'Irritant contact dermatitis of the hands', and 'Allergic contact dermatitis'.

3 Find relevant links within a topic

Broaden your knowledge with evidence-based topics.

The search example below is for hypothyroidism treatment. Summary and recommendations provide you with a quick, clear, and concise answer.

Browse table of contents for quick access to conditions and treatments

Share patient education via email (if permitted)

Share topics with your colleagues

The screenshot shows the UpToDate search results for 'hypothyroidism treatment'. The interface includes a search bar at the top with the text 'hypothyroidism treatment'. Below the search bar, there are tabs for 'Long-term outcomes', 'Persistent symptoms', 'Persistent elevation in TSH', and 'Over-replacement'. The 'Long-term outcomes' tab is selected, and a table of contents is displayed. The table of contents includes sections such as 'COMBINATION T4 AND T3 THERAPY', 'SPECIAL TREATMENT SITUATIONS', and 'SUMMARY AND RECOMMENDATIONS'. The 'SUMMARY AND RECOMMENDATIONS' section is highlighted, and a box labeled 'Access evidence-based graded recommendations and drug links' points to the 'levothyroxine' link in the text. The text in the summary section discusses the goals of therapy, the treatment of choice for correction of hypothyroidism, and the use of combination T4-T3 therapy.

4

Drug information and drug interactions

Access drug information to better understand prescribed medications, administrations, side effects, and drug interactions.

Search for a drug name or click on the drug links within topics to access the drug's information as shown.

These drug monographs (see image) will provide you with information on the:

- ✓ Right drug
- ✓ Right dose
- ✓ Right route
- ✓ Right time
- ✓ Right patient

UpToDate® ciprofloxacin adult

Medication Safety Issues

Adverse Reactions

Contraindications

Warnings/Precautions

Warnings: Additional Pediatric

Metabolism/Transport Effects

Drug Interactions

Food Interactions

Pregnancy Considerations

Breast-Feeding Considerations

Dietary Considerations

Monitoring Parameters

Ciprofloxacin (systemic): Drug information

Administration: Adult

Oral: May administer with most foods to minimize GI upset; avoid antacid use; maintain proper hydration and urine output. Avoid concomitant administration with dairy products (eg, milk, yogurt) or calcium-fortified juices alone; however, may be taken with meals that contain these products; separate administration of Cipro XR and calcium >800 mg by at least 2 hours. Administer immediate-release ciprofloxacin and Cipro XR at least 2 hours before or 6 hours after antacids or other products containing calcium, iron, or zinc. Separate oral administration from drugs that may impair absorption (see Drug Interactions).

Oral suspension: Should not be administered through feeding tubes (suspension is oil based and adheres to the feeding tube). Shake vigorously before use for ~15 seconds; administer using the co-packaged graduated teaspoon. Do not chew the microcapsules in the suspension; swallow whole.

Nasogastric/orogastric tube: Crush immediate-release tablet and mix with 20 to 60 mL water. Flush feeding tube before and after administration. Do not administer simultaneously with enteral time frame for dose separation is unknown; one recommendation is to hold tube feedings at least 2 hours before and 4 hours after of feeding rates to compensate for lost feeding time (Beckwith 2004).

chew.

Bariatric surgery: Some institutions may have specific protocols that conflict with these recommendations; refer to institutional protocols as appropriate. Switch to IR formulation (tablet or oral solution).

Parenteral: Administer by slow IV infusion over 60 minutes into a large vein (reduces risk of venous irritation).

Administration: Pediatric

Oral: May administer with food to minimize GI upset; divalent and trivalent cations (dairy foods [milk, yogurt] and mineral supplements [eg, iron, zinc, calcium] or calcium-fortified juices) decrease ciprofloxacin absorption; usual dietary calcium intake (including meals which include dairy products) has not been shown to interfere with ciprofloxacin absorption (per manufacturer). Administer immediate release ciprofloxacin and Cipro XR at least 2 hours before or 6 hours after any of these products.

Oral suspension: Shake vigorously prior to each dose. Should not be administered through feeding tubes (suspension is oil-based and adheres to the feeding tube). Patients should avoid chewing on the microcapsules.

Tablets:

Immediate release: Administering 2 hours after meals is preferable.

Extended release: Do not crush, split, or chew. May be administered with meals containing dairy products (calcium content <800 mg), but not with dairy products alone.

Missed dose:

Immediate release (oral suspension, tablet): Administer as soon as possible if >6 hours until next scheduled dose; otherwise, wait until next scheduled dose.

Extended release: Administer as soon as possible if >8 hours until next scheduled dose; otherwise, wait until next scheduled dose.

The UpToDate Drug Interactions Tool provides 5-tier risk rating to see if the combination is safe for your patient.

UpToDate®

Contents **Calculators** **Drug Interactions**

Add items to your list by searching below.

Enter item name

ITEM LIST

Clear List **Analyze**

11 Results

Filter Results by Item

Pick a combination of drugs that shows X and D.

The drug interaction tool shows you the impact herbs have on prescribed medications.

Lexicomp® Drug Interactions

Add items to your list by searching below.

Enter item name

ITEM LIST

Clear List **Analyze**

11 Results

Filter Results by Item

D Avoid combination **C** Monitor therapy **A** No known interaction

D Consider therapy modification

D Ciprofloxacin (Systemic) (Quinolones)

D Multivitamins/Minerals (with ADEK, Folate, Iron)

D Garlic (Herbs (Anticoagulant/Antiplatelet Properties))

D Ginger (Herbs (Anticoagulant/Antiplatelet Properties))

D Simvastatin (HMG-CoA Reductase Inhibitors (Statins))

D St John's Wort

D Warfarin (Anticoagulants)

D Garlic (Herbs (Anticoagulant/Antiplatelet Properties))

D Warfarin (Anticoagulants)

D Ginger (Herbs (Anticoagulant/Antiplatelet Properties))

D Warfarin (Vitamin K Antagonists)

D St John's Wort

C Warfarin (Vitamin K Antagonists)

C Ciprofloxacin (Systemic) (Quinolones)

C Warfarin (Vitamin K Antagonists)

C Multivitamins/Minerals (with ADEK, Folate, Iron)

You can search for drug-to-drug, drug-to-herb, and herb-to-herb interactions. Enter the drugs, herbs, and vitamins being taken by your patient. Next, click on the combination to find out more. This may help you reduce your patients' risk of an adverse drug reaction (as shown in the illustration).

5

Patient education leaflets

Enhance patient engagement and family communication with UpToDate patient education leaflets found under the "Contents" tab.

Contents ▾ Calculators Drug Interactions UpToDate Pathways

Patient Education

UpToDate offers two levels of content for patients:

- **The Basics** are short overviews. They are written in accordance with plain language principles and answer the four or five most important questions a person might have about a medical problem.
- **Beyond the Basics** are longer, more detailed reviews. They are best for readers who want detailed information and are comfortable with some medical terminology.

Learn more about UpToDate's patient education materials.

This site complies with the HONcode standard for trustworthy health information: verify here.

To browse the available patient education topics in UpToDate, click on a category below.

Categories include: Allergies and asthma, Arthritis, Autoimmune disease, Blood disorders, Bones, joints, and muscles, Brain and nerves, Cancer, Ear, nose, and throat, Eyes and vision, Gastrointestinal system, General health, Heart and blood vessel disease, HIV and AIDS, Hormones, Lung disease, Men's health issues, Mental health, Pregnancy and childbirth, Senior health, Skin, hair, and nails, Sleep.

Two options are available:

1. Basics
2. Beyond the Basics

Select Category to browse topics.
You can also find patient education materials from within a topic.

Topic tools

Patient Education: Anaphylaxis (The Basics)

What is anaphylaxis? What are the symptoms? How is anaphylaxis diagnosed? Should I see a doctor? Is there anything I can do to prevent anaphylaxis again? What will my life be like? More on this topic

Topic Outline

What is anaphylaxis? What are the symptoms? How is anaphylaxis diagnosed? Should I see a doctor? Is there anything I can do to prevent anaphylaxis again? What will my life be like? More on this topic

View in language: Arabic, English, Spanish

What is anaphylaxis?

Anaphylaxis happens when...

- Eats
- Takes
- Is stung
- Touches

TIP: Patient information can be accessed under the contents tab, within the results page filter, and within topics.

You can share with your patient via a no-reply email account.

You can bookmark search results, patient education, topics, and graphics for quicker access from your personal homepage.

Patient Education: The Basics is available in English, Spanish, and Arabic.

Here are the patient education articles that are relevant to this topic. You can print or e-mail these topics to your patients. (You can also locate a variety of subjects by searching on "patient info" and the key words.)

- Basics topic (see ["Patient education: Anaphylaxis \(The Basics\)"](#))
- Beyond the Basics topic (see ["Patient education: Anaphylaxis \(Beyond the Basics\)"](#))

6

Calculators

UpToDate®

Contents ▾ **Calculators** Drug Interactions

Search for calculators by name or by specialty.

OTHER CALCULATORS:

- EDD (Estimated Time of Delivery)
- DVT Well Score
- Creatinine Clearance
- BMI
- CHADS 2

There are more than 210 medical calculators for you to check out...

Calculator: Pulmonary embolism Wells score in adults

- ☐ Physical findings suggestive of DVT (unilateral leg swelling, calf or thigh tenderness) (1.5 points)
- ☐ No alternative diagnosis better explains the illness (3 points)
- ☐ Tachycardia with pulse >100 (1.5 points)
- ☐ Immobilization (≥3 days) or surgery in the previous four weeks (1.5 points)
- ☐ Prior history of DVT or PE (1.5 points)
- ☐ Presence of hemoptysis (1 point)
- ☐ Presence of malignancy (1 point)

Total criteria point count: 0

Reset form

Pulmonary embolism risk score interpretation

Score >6: High probability
Score ≥2 and ≤6: Moderate probability
Score <2: Low probability

Sensory perception

- ☐ Completely limited (1 point)
- ☐ Very limited (2 points)
- ☐ Slightly limited (3 points)
- ☐ No limitation (4 points)

Moisture

- ☐ Constantly moist (1 point)
- ☐ Moist (2 points)
- ☐ Occasionally moist (3 points)
- ☐ Rarely moist (4 points)

Activity

- ☐ Bedfast (1 point)
- ☐ Chairfast (2 points)
- ☐ Slight limitation (3 points)
- ☐ No limitation (4 points)

Mobility

- ☐ Immobile (1 point)
- ☐ Quite limited (2 points)
- ☐ Slight limitation (3 points)
- ☐ Normal mobility (4 points)

Calculator: Pressure ulcer risk stratification (Braden score) in adults

7 Create your own personalized homepage

With your personalized homepage, you can track CME/CPD, bookmark content for quicker access, browse your history, receive alerts, and use UpToDate remotely.

UpToDate® John Smith CME 49.0 Log Out

Contents Calculators Drug Interactions UpToDate Pathways

Search UpToDate
copd exacerbation differential diagnosis

History Most Viewed Bookmarks

• Management of exacerbations of chronic obstructive pulmonary disease

• Management of infection in ex

Track CME/CPD

Bookmark content for quick access

Browse history

The orange dot alerts you to new research added since your last view of the record

TO GET STARTED, FOLLOW THESE STEPS:

- Click Register.

UpToDate®

Contents Calculators Drug Interactions UpToDate Pathways

Register Log In

Register

Search UpToDate

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

Last Name

Email

You will need access to this email account to complete your registration

Country

ZIP/Postal Code (optional)

City

Specialty

Role

Create your username and password

Username

Password

Password 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

Send Verification Code

- Fill out registration form.
- Complete all fields. Enter your name as you would like it to display in your CME/CPD certificate. You will then need to verify your email address. Click **Send Verification Code**. A code will be sent to the email you entered in the form.
- Enter the code you received in your email into the box at the bottom of the registration form. You will have 10 minutes to retrieve the code, enter it, and click **Submit Verification Code**.
- Make note of your user name and password.

Send New Code

Check the email account you submitted for a message containing a verification code. If you don't see the email, please check your spam folder. Paste or type the code below. The code is valid for 10 minutes. **No account data will be saved until the code is accepted.**

Verification Code

Submit Verification Code

Upon completion of the registration process, you will receive a confirmation email from UpToDate with instructions on downloading the Mobile App.

To change your user name or password:

- Click on your name to access your account information.

UpToDate® John Smith CME 49.0 Log Out

Contents Calculators Drug Interactions UpToDate Pathways

My Account CME/MOC/State History Most Viewed

My Account

History

Most Viewed

Bookmarks

Language

Help

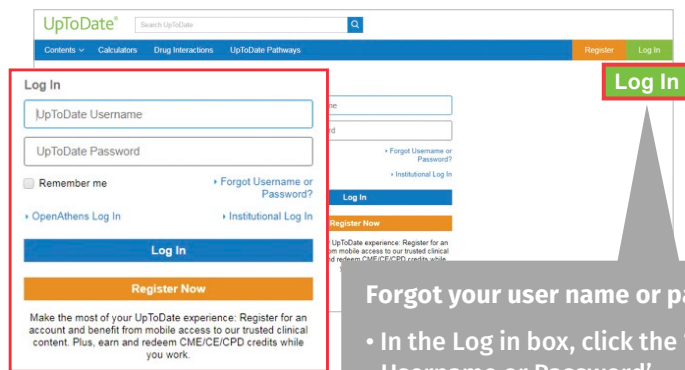
Log Out

User Name and Password

Already have an UpToDate User Name and Password?

If you already have an UpToDate user name and password through another organization or individual subscription, simply log in with your existing credentials.

1. Visit uptodate.com/online from any computer within your organization's network.
2. Log in with your existing UpToDate user name and password.
3. This will retain all of your current CME/CE/CPD records and account settings.

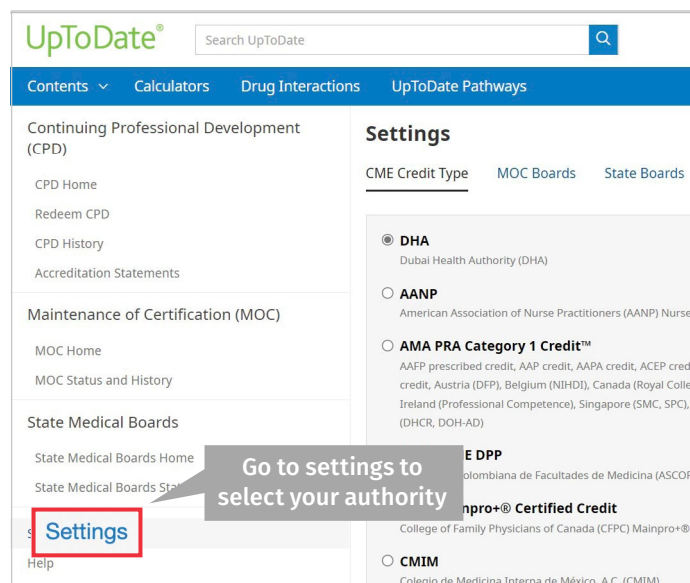


The screenshot shows the UpToDate login page. A red box highlights the 'Log In' section, which includes fields for 'UpToDate Username' and 'UpToDate Password', a 'Remember me' checkbox, and links for 'Forgot Username or Password?', 'OpenAthens Log In', and 'Institutional Log In'. A 'Log In' button is at the bottom of this section. To the right, a green box highlights the 'Log In' link in the top right corner of the page. Below the login section, there is a 'Register Now' button and a brief description of the service.

Forgot your user name or password?

- In the Log in box, click the 'Forgot Username or Password'
- You'll receive an email that contains your user name and a link to reset your password

Set CME/CPD setting. You can redeem credits within two years.

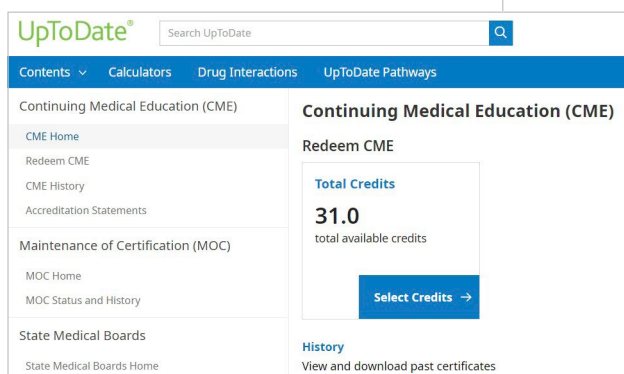


The screenshot shows the UpToDate 'Settings' page. A red box highlights the 'Settings' link in the left sidebar. A grey callout box points to the 'Settings' link with the text 'Go to settings to select your authority'. The main content area shows the 'Settings' page with a 'CME Credit Type' section. Under this section, there are three radio button options: 'DHA' (Dubai Health Authority), 'AANP' (American Association of Nurse Practitioners), and 'AMA PRA Category 1 Credit' (with a sub-note about AAFP prescribed credit, AAP credit, AAPA credit, ACEP credit, Austria (DFP), Belgium (NIHDI), Canada (Royal College of Physicians), Ireland (Professional Competence), Singapore (SMC, SPC), (DHCR, DOH-AD)).

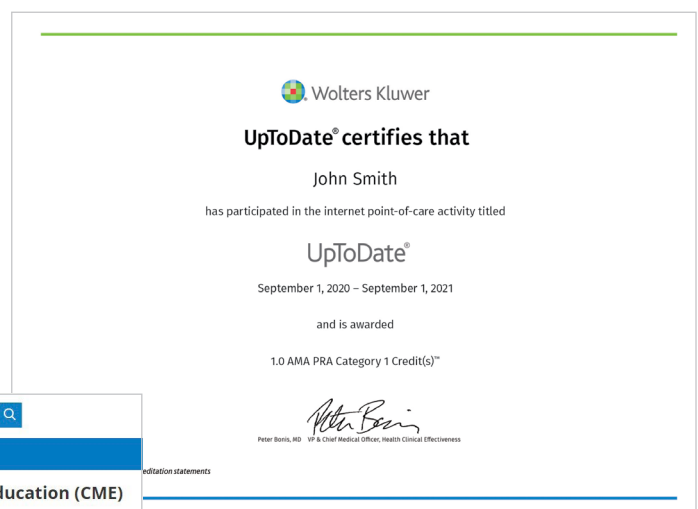
8 Continuing Medical Education (CME/CPD)

UpToDate is recognized as a continuing education resource by colleges, associations, and authorities around the world. You can earn CME/CPD credits while answering clinical questions.

Refer to the Accreditation Statements under the CPD link to learn more.



The screenshot shows the UpToDate 'Continuing Medical Education (CME)' page. The left sidebar has a 'CME Home' link highlighted. The main content area shows the 'Continuing Medical Education (CME)' section with a 'Redeem CME' sub-section. This sub-section displays 'Total Credits' as '31.0' and 'total available credits'. Below this, there is a 'Select Credits' button. At the bottom, there is a 'History' section with a link to 'View and download past certificates'.

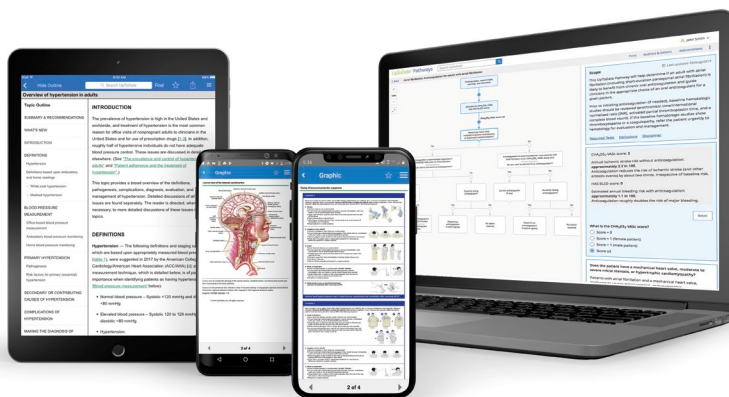


The screenshot shows a certificate from UpToDate, issued by Wolters Kluwer. The certificate states that 'John Smith' has participated in the internet point-of-care activity titled 'UpToDate' from 'September 1, 2020 - September 1, 2021' and is awarded '1.0 AMA PRA Category 1 Credit(s)'. The certificate is signed by Peter Davis, MD, VP & Chief Medical Officer, Health Clinical Effectiveness. The bottom of the certificate has a link to 'Accreditation statements'.

9 Remote access

For convenience you can access UpToDate on any device. Enter your log-in credentials for remote access on your tablet or computer. Follow these instructions to download and install the mobile app:

- Go to your App Store
- Search for UpToDate
- Click on the UpToDate icon
- Download and install the app
- Enter your user name and password the first time you access the app



“I use UpToDate almost every day. It has decreased the time required to research a topic from days to sometimes minutes!”

— Molly Larkin, MS, RN
Nurse, Technology Assessment, Optima Health Care, Virginia Beach, Virginia

“I use UpToDate, as I cannot compromise medication safety and patient safety. It’s easy to review and safer to use.”

— Supriya Mallisserikalam, BSN, RN, MBA
Duty Manager, MediClinic Middle East Parkview, Dubai UAE

“At the ACNP we are always looking at ways to add greater value for our members. The introduction of UpToDate, an evidence-based, health professional-authored clinical decision support solution from Wolters Kluwer, for our members, will allow you to have the most up-to-date information for your patients at your fingertips.”

— Leanne Boase, NP
President of the Australian College of Nurse Practitioners