



# UpToDate®

Confident, clinical decision-making

Christine Hwee 許婉君

International Training Consultant- APAC

# The Story of UpToDate ...

<https://youtu.be/k4nQWM6U298>



Dr Bud Rose - The Founder of UpToDate

# 什麼是UpToDate?

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

# 填補空白

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

- 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

UpToDate  
做到這些

- 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

因此，臨床醫生可以在診療過程中獲取建議，解決問題

- 自1992 來，UpToDate已成為臨床工作者的專業“工具”

# What is 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

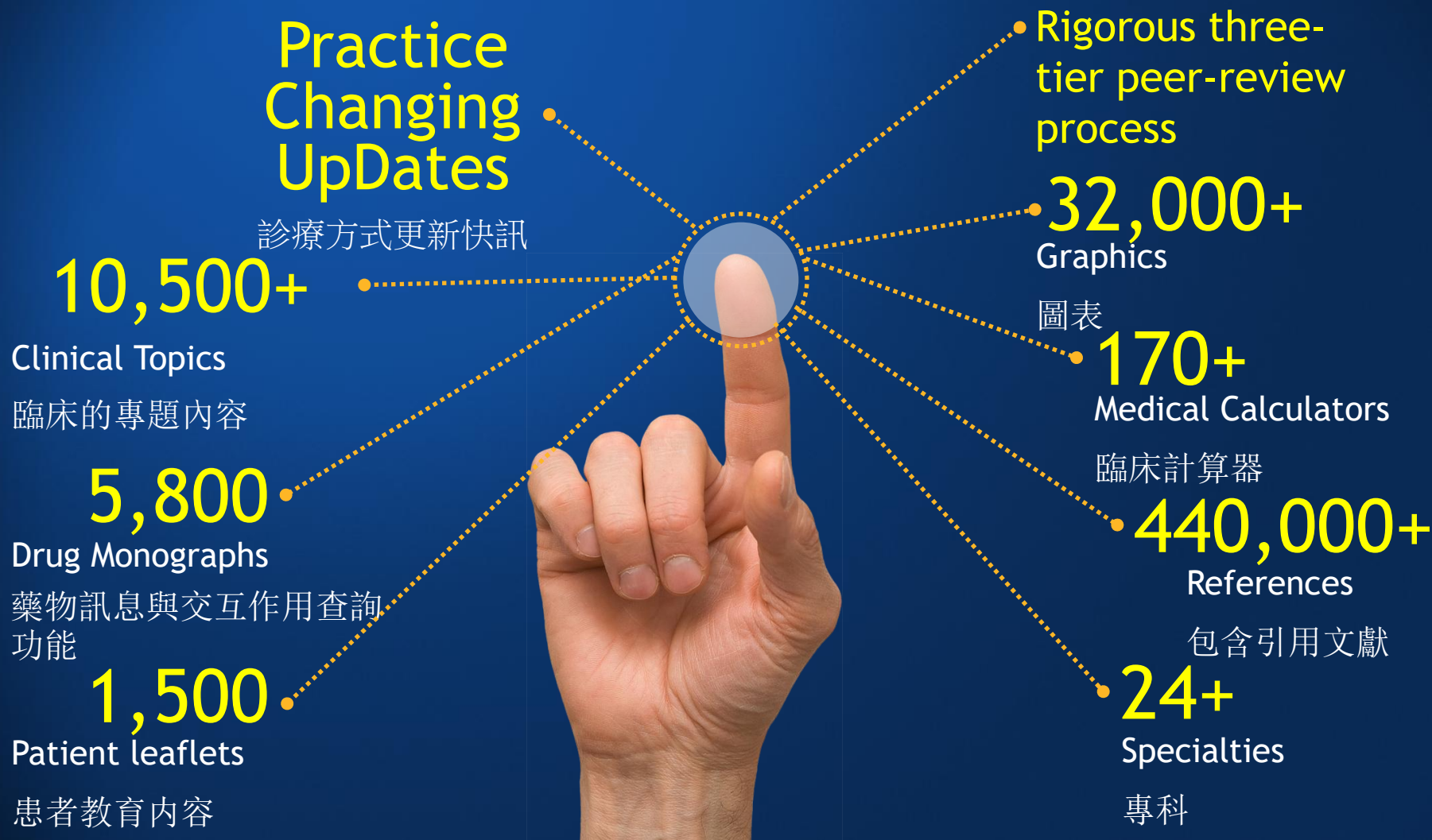
Answer your clinical questions 解答醫師在臨床上遇到的問題

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



# The trusted way to practice medicine





The most studied

**More than 60**  
independent studies

UpToDate is the only clinical decision support tool that has been associated to improving hospital performance, reducing costs, and improving patient outcomes.

**HAVARD STUDY**  
**3 Years > 11,000 lives**



# Our Editorial Board

## 1. Authors

- Clinically active
- World-renown physician topic experts
- Have an academic affiliation

## 2. Editors

- Clinically active
- Specialty experts
- Trained to use EBM

## 3. Peer Reviewers

- Clinically active
- Specialists in their field
- Anonymous to the author





# Evidence Grading 實證等級

- 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 實證等級

## RECOMMENDATION GRADES 醫囑的強度 (診療建議的強度)

<b>Grade 1</b> 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...”	
<b>Grade 2</b> 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)

<b>Grade A</b> A 級證據	High Quality Evidence 高品質證據	Consistent evidence from randomized trials, or overwhelming evidence of some other form
<b>Grade B</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
<b>Grade C</b> 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

# Specialties covered in UpToDate

Adult and Pediatric  
Emergency Medicine

Adult and Primary  
Care Medicine

Allergy and  
Immunology

Anesthesiology\*

Cardiovascular  
Medicine

Dermatology

Endocrinology and  
Diabetes

Gastroenterology and  
Hepatology

General Surgery

Geriatrics

Hematology

Hospital Medicine

Infectious Diseases

Nephrology and  
Hypertension

Neurology

Sports Medicine

Obstetrics,  
Gynecology and  
Women's Health

Oncology

Palliative Care

Pediatrics

Psychiatry

Pulmonary, Critical  
Care and Sleep  
Medicine

Rheumatology

Family Medicine

\* In Development as of Feb 2016

## Clinical Scenario ...

敏感性休克 (Anaphylaxis Shock)



急診 (Emergency Department)



治療方案 (Treatment Plan)

# Learning Forum Webinar

Learning Forum Webinar is the webinar that we have it lives every 2-3 months: <http://www.uptodate.com/home/webinar-archive>



# For More Information



**Christine Hwee**  
**Training Consultant - APAC**  
christine.hwee@wolterskluwer.com



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# THANK YOU