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

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

**Access evidence-based graded recommendations and drug links**

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**
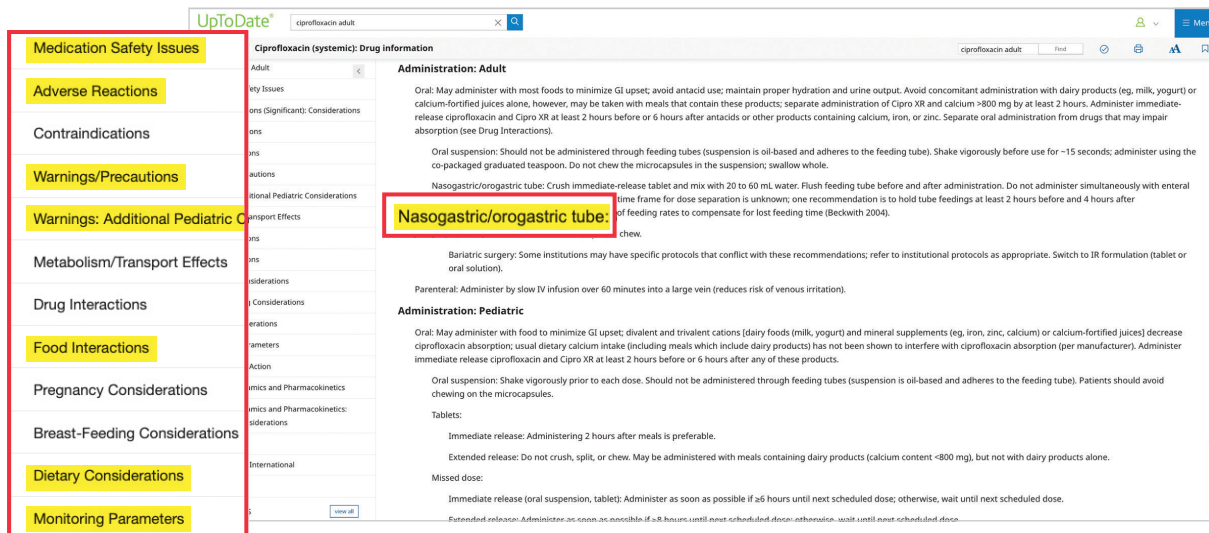
The UpToDate Drug Interactions Tool provides 5-tier risk rating to see if the combination is safe for your patient.
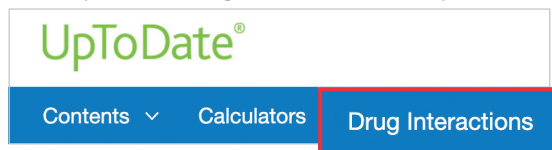
Pick a combination of drugs that shows X and D.

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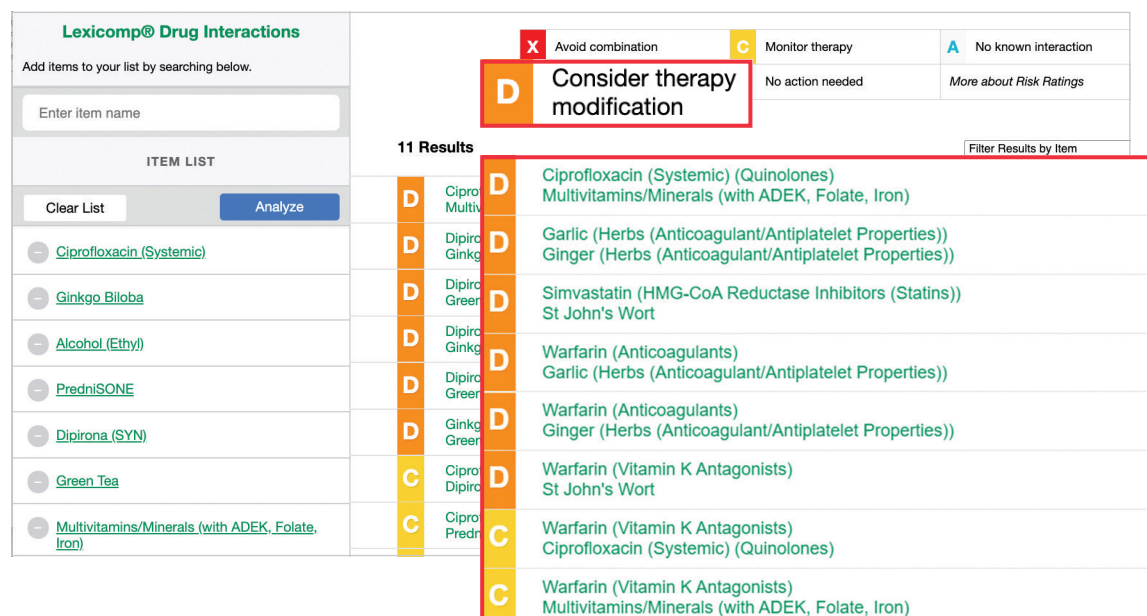
You can search for drug-to-drug, drug-to-herb, and herb-to-herb interactions. Enter the drugs, herbs, and vitamins being taken by your patient. Next, click on the combination to find out more. This may help you reduce your patients' risk of an adverse drug reaction (as shown in the illustration).

5 Patient education leaflets

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

Contents ˅   ...culators   Drug Interactions   UpToDate Pathways

< Back   Patient Education

Patient Education

UpToDate offers two levels of content for patients:

- **The Basics** are short overviews. They are wr...
- **Beyond the Basics** are longer, more detailed...

Learn more about UpToDate's patient education ma...

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.

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

Two options are available:
1. Basics
2. Beyond the Basics

- **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.

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

Topic tools

< Back   anaphylaxis

Topic Outline

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

Patient education: Anaphylaxis (The Basics)

View in... language
Arabic
English
Spanish

...ritten... ...and editors at Up...

What is anaphylaxis?

Anaphyla...
happen v...

- Eats...
- Take...
- Is st...
- Touc...

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.

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

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

- Basics topic (see "Patient education: Anaphylaxis (The Basic...
- Beyond the Basics topic (see "Patient education: Anaphylaxi...

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: Pressure ulcer risk stratification (Braden score) in adults

Calculator: Pulmonary embolism Wells score in adults

☐ Physical findings suggestive of DVT (unilateral leg swelling, calf or thigh tend...
☐ 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

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)

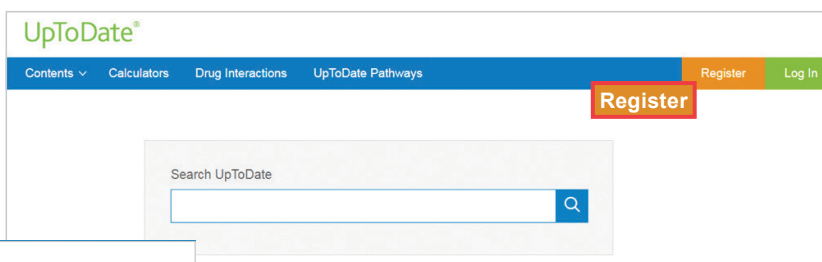|	
Score >6:	High probability
Score ≥2 and ≤6:	Moderate probability
Score <2:	Low probability

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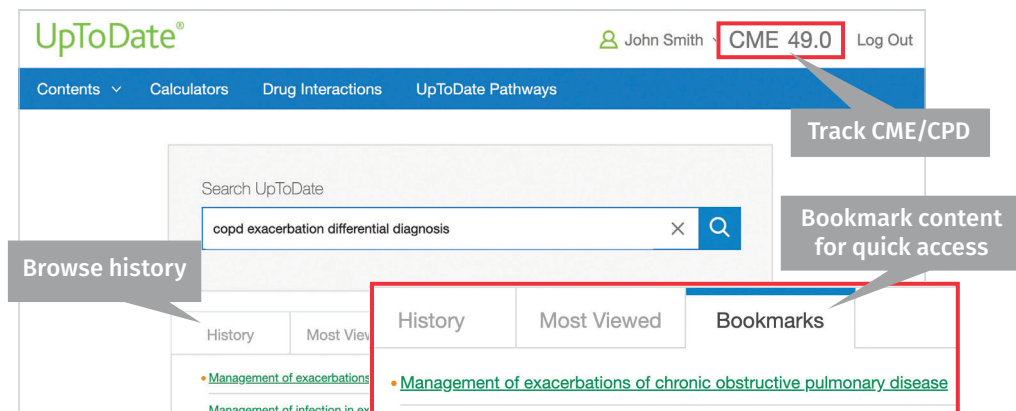
The orange dot alerts you to new research added since your last view of the record

TO GET STARTED, FOLLOW THESE STEPS:

• Click Register.

• 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.

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.
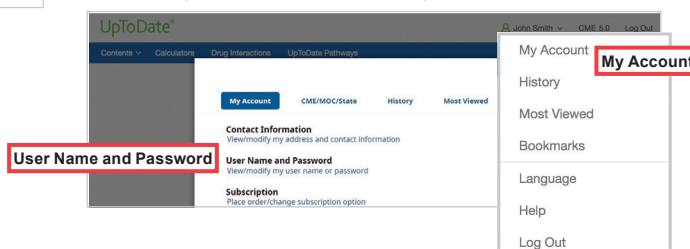
Already have an UpToDate User Name and Password?

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.

Log In

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.

Go to settings to select your authority

Settings

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.

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UpToDate® certifies that

John Smith

has participated in the internet point-of-care activity titled

UpToDate®

September 1, 2020 – September 1, 2021

and is awarded

1.0 AMA PRA Category 1 Credit(s)™

Peter Bonis, MD   VP & Chief Medical Officer, Health Clinical Effectiveness

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

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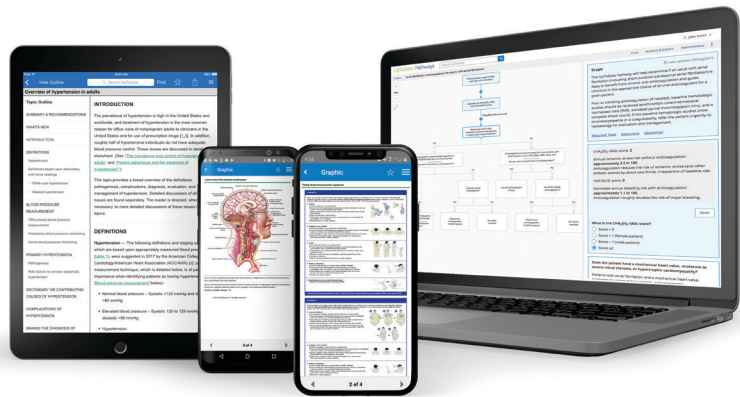
"I use UpToDate almost every day. It has decreased the time required to research a topic from days to sometimes minutes!"

— 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

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