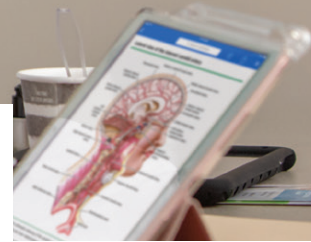




Health

# 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

Q

### 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 search bar at the top contains 'contact dermatitis'. Below the search bar, there are navigation tabs: 'All', 'Adult', 'Pediatric', 'Patient', and 'Graphics'. The 'Graphics' tab is highlighted in blue. Below the tabs, there is a grid of 18 thumbnail images, each with a caption. The captions include: 'Allergic contact dermatitis', 'Chronic irritant contact dermatitis', 'Acute irritant contact dermatitis', 'Poison ivy allergic contact dermatitis', 'Irritant contact dermatitis of the hands', and 'Allergic contact dermatitis of the periorbital skin'.

## 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 article for 'Treatment of primary hypothyroidism in adults'. The article title is 'Treatment of primary hypothyroidism in adults'. The search bar at the top contains 'hypothyroidism treatment'. Below the search bar, there are navigation tabs: 'Patient', 'Print', and 'Share'. The 'Patient' tab is highlighted in red. Below the tabs, there is a table of contents on the left side of the page. The table of contents includes sections like 'Long-term outcomes', 'Persistent symptoms', 'Persistent elevation in TSH', 'Over-replacement', 'COMBINATION T4 AND T3 THERAPY', 'Is there a role for T3?', 'Efficacy', 'Candidates for combined T4 and T3 therapy', 'Dosing and available preparations', 'Monitoring combined therapy', 'Converting from desiccated thyroid extract to T4', 'Converting from combined T4 and T3 therapy to T4 monotherapy', 'SPECIAL TREATMENT SITUATIONS', 'Older patients or those with coronary heart disease', 'Pregnancy', 'Estrogen therapy', 'Surgical patients', 'Poorly compliant patients', 'Thyroid cancer', 'Myxedema coma', 'Selenium deficiency', and 'When the diagnosis of hypothyroidism is uncertain'. The main content area of the article is visible, showing the 'INFORMATION FOR PATIENTS' section, which includes a summary of the article's purpose and a list of related topics. The 'SUMMARY AND RECOMMENDATIONS' section is also visible, starting with 'Overt primary hypothyroidism is characterized by...'. Callouts are present: one pointing to the table of contents, one pointing to the 'Patient' tab, one pointing to the 'Share' button, and one pointing to the 'INFORMATION FOR PATIENTS' section.

# 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 drugs' 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 tools show you the impact herbs have on prescribed medications.

Risk Rating	Description
X	Avoid combination
C	Monitor therapy
A	No known interaction
D	Consider therapy modification
No action needed	No action needed

Item	Interaction
D	Ciprofloxacin (Systemic) (Quinolones) / Multivitamins/Minerals (with ADEK, Folate, Iron)
D	Dipiro / Ginkgo / Garlic (Herbs (Anticoagulant/Antiplatelet Properties)) / Ginger (Herbs (Anticoagulant/Antiplatelet Properties))
D	Dipiro / Green / Simvastatin (HMG-CoA Reductase Inhibitors (Statins)) / St John's Wort
D	Dipiro / Ginkgo / Warfarin (Anticoagulants) / Garlic (Herbs (Anticoagulant/Antiplatelet Properties))
D	Dipiro / Green / Warfarin (Anticoagulants) / Ginger (Herbs (Anticoagulant/Antiplatelet Properties))
C	Cipro / Dipiro / Warfarin (Vitamin K Antagonists) / St John's Wort
C	Cipro / Predr / Warfarin (Vitamin K Antagonists) / Ciprofloxacin (Systemic) (Quinolones)
C	Warfarin (Vitamin K Antagonists) / 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

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

**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.

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

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

- 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

## Topic tools

anaphylaxis Find

Print Share Bookmark

**Patient education: Anaphylaxis (The Basics)**

View in [Spanish](#)

Written by the doctors and editors at UpToDate

**What is anaphylaxis?**

Anaphylaxis is the term doctors use to describe a serious allergic reaction. Anaphylaxis can happen after a person:

- Eats a food he or she is allergic to
- Takes a medicine he or she is allergic to

**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.

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

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

# 6

## Calculators

Contents | **Calculators** | Drug Interactions

Search for calculators by name or by specialty.

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

**OTHER CALCULATORS:**

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

There are more than 195 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 point)
- 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)

## 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  
Management of infection in ex

• Management of exacerbations of chronic obstructive pulmonary disease

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:

- 1 **Click register.** You can create an UpToDate Account **only** from a computer within your institution – [www.uptodate.com](http://www.uptodate.com).

UpToDate® Contents Calculators Drug Interactions Register Log In

Search UpToDate

- 2 **Complete registration form and accept license.**

Enter your name as you would like it to display in your CME/CPD certificate

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  
Specialty  
Role  
Create your username and password  
Username  
Password  
Verify Password  
Submit Registration

Complete registration form to create an account.

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

UpToDate® Search UpToDate

Contents Calculators Drug Interactions UpToDate Pathways

Continuing Professional Development (CPD)  
CPD Home  
Redeem CPD  
CPD History  
CPD Help  
Accreditation Statements

Maintenance of Certification (MOC)  
MOC Home  
MOC Status and History  
MOC Help

Settings  
CME Credit Type MOC Boards

DHA  
Dubai Health Authority (DHA)

AANP  
American Association of Nurse Practitioners

AMA PRA Category 1 Credit™  
AAFP prescribed credit, AAP credit, AAFP credit, Austria (DFP), Belgium (NIHDI), Canada (Professional Competence), Italy (Age.na), UAE (DHCR, DOH-AD)

ASCOFAME DPP  
Asociación Colombiana de Facultades de Medicina

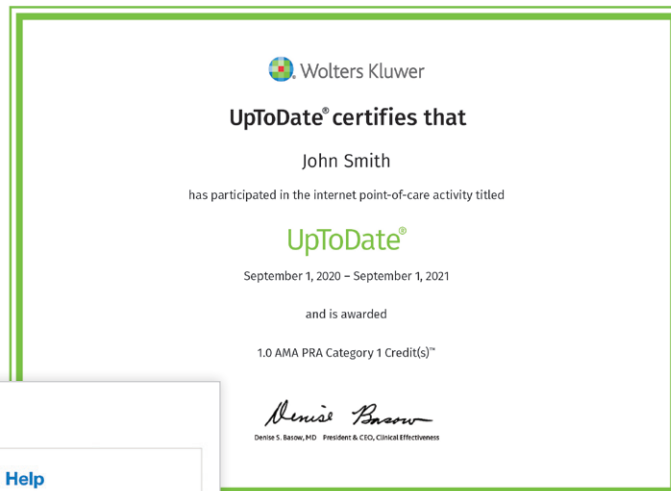
CFPC Mainpro+® Certified  
College of Family Physicians of Canada

Go to settings to select your authority

## 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.



**Continuing Medical Education (CME)**

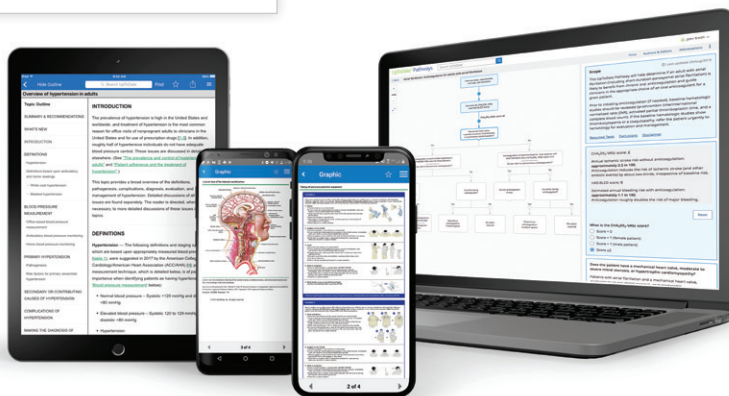
<b>Redeem CME</b> <b>50.5</b> Redeem →	<b>History</b> View and download past certificates Go →	<b>Help</b> Learn about redeeming CME using UpToDate Go →
----------------------------------------------	---------------------------------------------------------------	-----------------------------------------------------------------

Credits are available to redeem for two years.

## 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 username 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