

## Contact us ...

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### Training

Unsure how to start an evidence search? Need more information or help using a resource? We offer tailored 1:1 training sessions for **all** Trust staff.

Our Outreach Librarian can visit your place of work, including out in the community, run training in the Library or virtually.

Contact us to discuss how we can help you.



### Need to find quality evidence?

We can do work-related evidence searches on your behalf, saving you time. Contact the Library to request a search.



[www.eastcheshirenhslibrary.net](http://www.eastcheshirenhslibrary.net)



# How to ...



## Use UpToDate

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[www.uptodate.com](http://www.uptodate.com)

UpToDate®

## What is UpToDate?

UpToDate is an evidence-based, physician-authored clinical decision support resource, and is available to all East Cheshire NHS Trust staff and students. UpToDate includes:

- **Evidence-based** medical content that is researched, created and continually updated by over 6,700 leading physicians.
- Summaries and treatment recommendations for over 11,000 topics in 25 specialties.
- **“Practice changing updates”** highlighting critical research that changes how you treat patients today.
- **“What’s new”** summaries of important new findings by specialty.
- Over 465,500 references, with links to PubMed and the full-text articles where our subscriptions permit.
- **Medical calculators.**
- **Patient information** covering over 1,500 topics.
- A select **drug database** of more than 6,000 unique drug entries, including adult, paediatric and international drugs, and a drug interactions tool.
- Earn **CME/CPD** credits.

## How can I access it?

Access the first time on a PC connected to the NHS network - search in the Start menu. When it opens check it says 'East Cheshire NHS Trust' in the top-right corner. To create an account click 'Register' in the top right corner and fill in the form. After this you can login online, from work or home, save bookmarks and collect CME credits. You can also use the app, download from your app store. Alternatively you can login online with your East Cheshire NHS Athens account (no access to the app).

## Searching UpToDate

Searching UpToDate is easy - enter your search terms in the **‘New Search’** box, and UpToDate will suggest relevant topics. Click the search button or press enter. You will be shown a list of search results, click on the most relevant to open the topic. You can jump to sections of the document using the menu on the left-side of the page. You can **bookmark** the page (button at the top of the article) for easy future access. If there is a **‘Patient’** button at the top of the article you can download a **patient information leaflet** on the topic.

