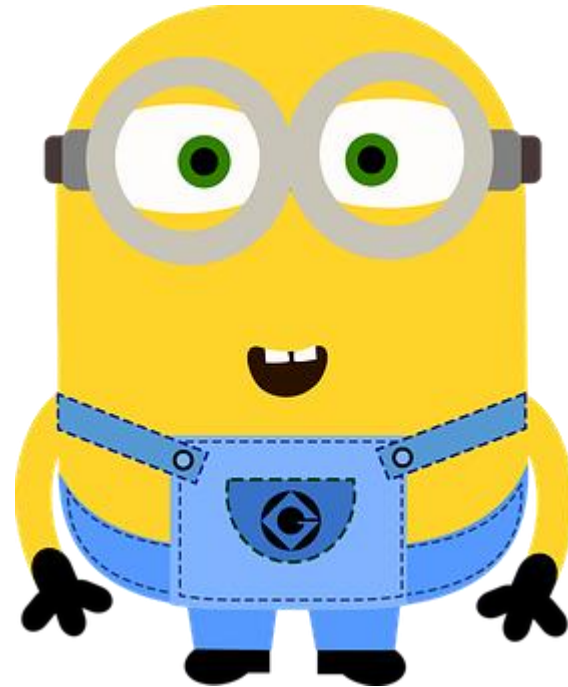


# Bite Sized Guides



# DynaWhat?



**Press my nose**

# What might people want to know?

- 1. Where can I find it?**
- 2. Do I need an Athens?**
- 3. Is there an App?**
- 4. What are the main features?**
- 5. How do I find my way around?**
- 6. What might I not know about it?**
- 7. How often is it updated?**
- 8. Is there help?**

**And finally: 10 Quick Questions**

**10 Quick Answers**



## Knowledge, Library and Information Service

e-Resources Bite-Sized Guides:DynaMed Plus<sup>®</sup>  
www.dynamed.comWhere can I find it?

Via your windows desktop if you're on a DBH computer, or your [Athens Resources page](#), and it can also be installed on Android & iOS tablets & phones.

There's an App?

Yes, it can be installed on up to 3 mobile devices. You need to download it from the relevant app store first, then authorise it via a PC at your institution, which sends an email with an authorisation link. [Full instructions here.](#)

Do I need an NHS Athens account to access it?

If you're working on a DBH NHS computer – No: Look for the white square "DMP" icon on your desktop.



However, if you're elsewhere – Yes: You'll need access to the internet & an NHS Athens account to log into your Athens Resources (or use the app).

What are the main features?

- The principle design criteria is to help clinicians quickly view topics to get a summary and recommended actions at the point of care, based on the most current evidence.
- Users can easily see the [levels of evidence](#) and [guidelines](#) behind each recommendation.
- Each clinical topic is divided into 14 clearly marked sections, such as Overview, Epidemiology, History, Diagnosis & Treatment, etc.
- The database also holds more than 4,700 searchable medical graphics and images.

How do I find my way around?

Navigation is mainly via the search bar.  
Type in key terms, AutoComplete will provide suggestions as you type.

If you click "Search", the results will be grouped into categories to help you find the section you need, eg information about a condition, treatment, images, drugs.

#### What might I not know about it?

- It has Clinical Calculators – see the button on the top left of the homepage, to help with Medical Equations, Decision Trees, Units and Dose Conversions.
- Drugs information - It features comprehensive drug content from Micromedex, and also links to the UK Electronic Medicines Compendium for Patient Information Leaflets (PILs) and Summaries of Product Characteristics (SPCs).
- Links to UK and international treatment guidelines within each topic, such as NICE, RCOG, SIGN, BSG, etc.
- Topic alerts – 'Follow' a topic to get an email whenever its updated – details [here](#).
- It can cope with American or UK spellings, eg Haematoma or hematoma.

#### How often is it updated?

Daily. In 2011 [BMA research](#), [DynamedPlus](#) was updated faster than Clinical Evidence, [EBM Guidelines](#), [eMedicine](#), or [UpToDate](#)

#### 10 Quick Questions: (answers below)

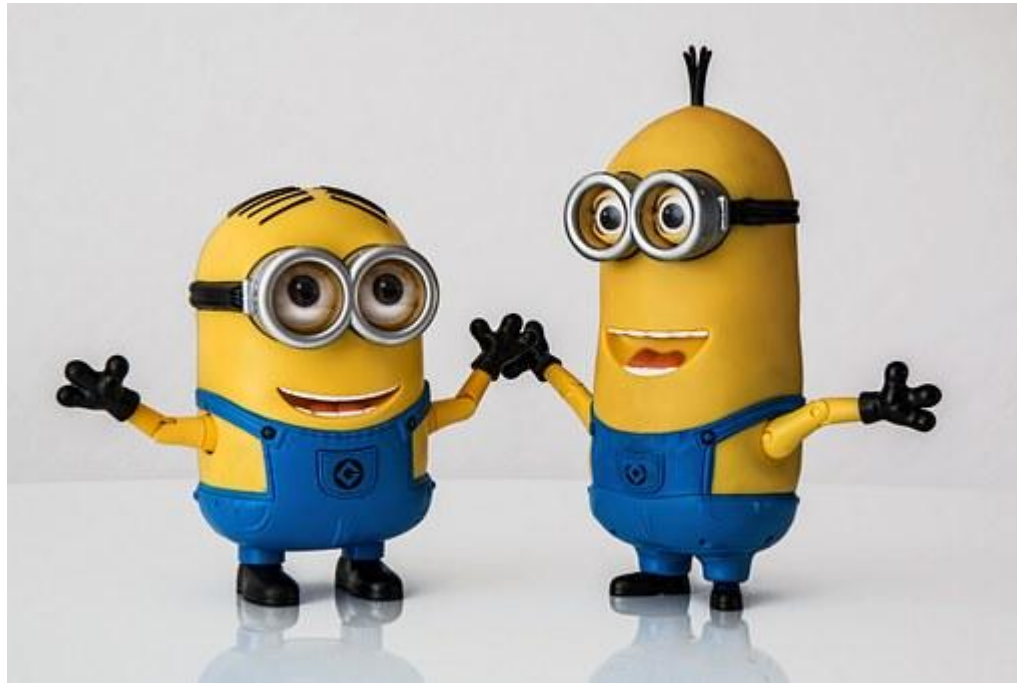
1. Can you find information on the evidence for or against homeopathy in the treatment of asthma?
2. Can you find UK guidelines for managing Carpal Tunnel Syndrome?
3. What information is available for patients on Thoracic Aortic Dissection?
4. Should someone with Hypertrophic Cardiomyopathy take part in intense competitive sports? How firm is the evidence supporting this advice?
5. What is the normal range for body weight for a person 1.75m tall?
6. Chicken Pox – what has happened to the incidence of cases between 1995 and 2010 in the USA since vaccination was introduced?
7. What's the elimination half-life of ibuprofen in adults?
8. Print *just* the Guidelines & Resources information on Bacterial Meningitis in infants & children
9. In the Mumps topic, find the CME (Continuing Medical Education) link
10. A patient coming home from a recent holiday has suspected Zika infection, with conjunctivitis & oedema of her extremities. Does that make it less likely to be Dengue fever? What about [Chikungunya](#)?

**10 Quick Answers:**

1. Search for "Homeopathy asthma" to reach article "Homeopathy for asthma" - <http://www.dynamed.com/topics/dmp~AN~T361016/Homeopathy-for-asthma>
2. Carpal Tunnel Syndrome condition topic \ Guidelines & Resources \ United Kingdom guidelines:  
NHS 2009 guidelines for upper limb disorders - <http://www.dynamed.com/topics/dmp~AN~T113671/Carpal-tunnel-syndrome#Guidelines-and-Resources>
3. Thoracic Aortic Dissection condition topic \ Patient Information:  
Several different information sheets are available for patients - <http://www.dynamed.com/topics/dmp~AN~T113709/Thoracic-aortic-dissection#Patient-Information>
4. Hypertrophic Cardiomyopathy condition topic \ Treatment \ Activity:  
Not recommended, level C evidence = not research based, represents the consensus opinions of experts, case studies, or standard of care - <http://www.dynamed.com/topics/dmp~AN~T115426/Hypertrophic-cardiomyopathy#Activity>
5. No url available: Go to Dynamed homepage <http://www.dynamed.com/>  
Click Calculators button on top left, look for "Normal Range for Body Weight".  
1.75m tall = 61.25-76.56kg
6. Chickenpox condition topic \ Epidemiology:  
Incidence of cases reduced from 7.2/1,000 in 1995 to 0.2/1,000 in 2010  
<http://www.dynamed.com/topics/dmp~AN~T116084/Chickenpox#Epidemiology>
7. Ibuprofen topic \ Mechanism of Action \ Pharmacokinetics:  
Adults, 1.8 to 2.44 hours  
<http://www.dynamed.com/topics/dmp~AN~T233086/Ibuprofen#Elimination-Half-life>
8. Bacterial meningitis in infants & children condition topic \ Print \ Guidelines & Resources: <http://www.dynamed.com/topics/dmp~AN~T566506/Bacterial-meningitis-in-infants-and-children>
9. Mumps condition topic \ CME link beside 'Print' & 'E-mail' links:  
<http://support.epnet.com/DynaMedCME/form.php?title=Mumps&email=ukcme%40ebSCOhost.com&type=DynaDiseaseSummary&custid=ns072160.main.dmp&date=October+19%2c+2016+11%3a09+AM&db=dmp>
10. Zika Virus Infection condition topic \ Diagnosis \ Differential diagnosis:  
Table- "Comparison of Frequency of Reported Symptoms":  
Both are common in Zika, less common to rare in the other two infections  
<http://www.dynamed.com/topics/dmp~AN~T909469/Zika-virus-infection#Differential-diagnosis>



# Now do you know what Dynamed is?



# Bite Sized guides:

**Keep it short**

**Keep it relevant – what do people want to know?**

**Make it practical – quick questions**

**Live links wherever possible**

**Publicise!**

