

# BestPractice

[bmjpractice.bmj.com](http://bmjpractice.bmj.com)

## 使用手冊

BMJ|Evidence Centre



飛資得醫學資訊股份有限公司  
FlySheet Med-Informatics Co. Ltd.

# Best Practice 介紹

## BMJ Best Practice 特色

- 全新的內容，為病患提供一個結構化的諮詢資料
- 由世界各地的編審委員編輯
- 兼具廣度及深度的內容，將會包含超過 10,000 的診斷，協助使用者做決策
- 持續不斷新增資訊
  - 每一個疾病皆提供結構化的資訊，包含：
    - 摘要
    - 定義
    - 病理
    - 流行病學
    - 診斷步驟
    - 用藥資訊
    - 方針
    - 實証醫學
    - 後續追蹤
- 提供病患資訊來支持使用者選擇的治療方法
- 擁有完整的用藥處方方針
- 包含實証醫學實訊，整合實証醫學資料庫快速尋找相關方針
- 個人化功能：
  - 紀錄個人尋詢結果
  - 儲存使用者關切的文獻
- 提供使用單位連結院內的指導方針文獻
- 完整的參考資訊連結、圖片
- 提供中文化的使用介面



# 瀏覽

可直接選擇

- Assessments
- Overviews
- 主要臨床病症分類
  - 按字母順序排列各種臨床症狀

The screenshot displays the 'Best Practice' website interface. At the top, there are navigation links: 'About Best Practice', 'Patient Leaflets', and 'My Best Practice'. A search bar is labeled 'Search Best Practice'. Below the search bar, there is a 'Browse conditions' section with a dropdown menu. The dropdown menu is open, showing a list of conditions: 'All conditions', 'Assessments', 'Overviews', 'Allergy and immunology', 'Cardiothoracic surgery', 'Cardiovascular disorders', 'Critical care medicine', 'Dermatology', 'Ear, nose and throat', 'Emergency medicine', and 'Endocrinology and metabolic disorders'. The 'Assessments' option is highlighted. To the right of the dropdown menu, there is a search bar with a dropdown menu showing a list of conditions: 'Abdominal aortic aneurysm', 'Abdominal pain, chronic, assessment of', 'Abetalipoproteinaemia', 'Abscess, anorectal', 'Abscess, retropharyngeal', 'Absence seizures', 'Acanthosis Nigricans', 'Acetylcholine nicotinic post-synaptic receptors', 'Acid Reflux Disease', 'Acid-base abnormality', and 'Acid-base disorder'. The 'Abetalipoproteinaemia' condition is highlighted. The website also features a 'Close browser' button, a 'Signed in as: Flysheet' notification, and a 'Logout' button. There are also links for 'Update your details', 'Athens users sign in here', and 'Recommend Best Practice to your institution'. The main content area features the 'BestPractice' logo and a description: 'Best Practice is a completely new concept in decision-support information. Structured around the patient consultation, it covers diagnosis, prognosis, treatment and prevention. Your instant second opinion.' Below this, there are links for 'Purchasing Options', 'Take a Tour', 'Free Trial', and 'Sample Content'. The website is from the 'BMJ Evidence Centre'. At the bottom, there are three buttons: 'Diagnose' (Use our assessments), 'Treat' (Use our condition), and 'Manage' (Use our detailed information on).

# 檢索

根據您輸入的關鍵字，

Best Practice 會將搜尋結果分類呈現：

- 所有結果
- 病症
- 診斷
- 治療介入
- 實証醫學
- 病患衛教
- 指導方針

The screenshot shows a search results interface for the keyword 'asthma'. At the top, there is a search bar with 'asthma' entered and a magnifying glass icon. To the right of the search bar is a hint: 'Hint: Use the tabs to refine your search'. Below the search bar are several filter tabs: 'All results (345)', 'Conditions (4)', 'Diagnosis (85)', 'Treatment (81)', 'Evidence (74)', 'Patient Leaflets (2)', and 'Guidelines (12)'. Below the tabs, it says 'Results 1 to 50 of 345' and has a 'Save this search' button. The main content area lists several search results, each with a category icon and a title, followed by sub-links. The results include: 'Condition' for 'Acute asthma exacerbations' (with sub-links: Highlights, Basics, Prevention, Diagnosis, Treatment, Follow Up, Resources); 'Condition' for 'Asthma in adults' (with sub-links: Highlights, Basics, Prevention, Diagnosis, Treatment, Follow Up, Resources); 'Assessment' for 'Assessment of chronic cough' (with sub-links: Overview, Emergencies, Diagnosis, Resources); 'Patient Leaflet' for 'Asthma in children'; 'Assessment' for 'Assessment of short stature' (with sub-links: Overview, Emergencies, Diagnosis, Resources); 'Evidence' for 'Asthma in adults > Clinical Evidence > Chronic asthma treatments' (with sub-link: ... What are the effects of treatments for chronic asthma? ...); and 'Patient Leaflet' for 'Asthma in adults'.

您也可以從每筆搜尋結果前面得知該筆結果的類型，也可以直接從結果中的連結，直接點選閱讀相關的主題：

病症：提示、基礎、預防、診斷、治療、追蹤、資源  
評估：概述、急診、診斷、資源

# 專題總覽----評估 Assessment

針對重要的臨床症狀，Best Practice 提供

- 有關於該臨床症狀詳細的資訊、病理
- 緊急情況下該注意的事項
- 診斷檢驗的步驟
- 不同疾病的診斷分類，並連結至該疾病的資料
- 相關的參考資料、圖片

**BestPractice** Browse conditions Search Best Practice Help

## Assessment of chronic cough

Last updated: 16 January 2009

<b>Overview</b> Summary Aetiology	<b>Emergencies</b> Urgent considerations	<b>Diagnosis</b> Step-by-step Differential diagnosis	<b>Resources</b> References Images Online resources Patient leaflets Credits
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### Summary

Cough is the most common presenting symptom in primary practice. [1] Subacute cough is defined as cough persisting for 3 to 8 weeks, and chronic cough as that persisting for more than 8 weeks. Subacute cough is most often self-limited, but chronic cough may provide significant challenges for effective evaluation and management. Non-targeted cough suppressant therapy is rarely effective for chronic cough. However, the difficulty is in determining the cause of cough, since some "aetiologies" are syndromes without accurate diagnostic tests. The cause is determined instead by typical historical features, elimination of alternative causes and response to targeted therapies (therapeutic trials serve as tests). Nonetheless, a careful history, along with selected therapeutic trials and/or diagnostic evaluations performed in a systematic and informed way, may succeed in satisfactory resolution of cough in over 90% of cases.

### Differential diagnosis

Sort by: **common/uncommon** or **category**

**Common**

- Upper airway cough syndrome (UACS)
- Asthma
- Gastro-oesophageal reflux disease (GORD)
- Non-asthmatic eosinophilic bronchitis (NAEB)
- Chronic obstructive pulmonary disease (COPD)
- Angiotensin-converting enzyme inhibitor (ACEI)
- Respiratory tract infection
- Post-infectious cough
- Bordetella pertussis infection



# 專題總覽----症狀 Condition

在頁面上方可即時得到有關於此症狀的各項分類資訊。

內容涵蓋

- 提示：有關此症狀的概要、提示
- 基礎：定義、流行病學、病原...等
- 預防：初級、次級預防，篩選
- 診斷：檢驗方法、步驟、指導方針...等
- 治療：治療的詳細資訊、步驟、指導方針
- 追蹤：建議、並發症、預後
- 資源：參考書目、圖片、病患衛教、線上資源、編委資訊...

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## Asthma in adults

Last updated: 16 January 2009

<b>Highlights</b> Summary Overview	<b>Basics</b> Definition Epidemiology Aetiology Pathophysiology Classification	<b>Prevention</b> Primary Screening Secondary	<b>Diagnosis</b> History & examination Tests Differential Step-by-step Criteria Guidelines Case history	<b>Treatment</b> Details Step-by-step Emerging Guidelines Evidence	<b>Follow Up</b> Recommendations Complications Prognosis	<b>Resources</b> References Images Online resources Patient leaflets Credits
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### History & exam

**Key factors**

- presence of risk factors
- recent upper respiratory tract infection
- dyspnoea
- cough
- expiratory wheezes
- nasal polyposis

History & exam details

### Diagnostic tests

**1st tests to order**

- FEV1/FVC ratio
- FEV1
- PEFR
- CXR
- FBC

**Tests to consider**

- exhaled nitric oxide (eNO)
- sputum eosinophilia
- serum IgE
- skin prick allergy testing

### Treatment details

**Ongoing**

**all patients**

- patient education and environmental control
- **known single allergen**
  - allergen vaccine immunotherapy

**Acute**

**step 1: mild intermittent and exercise induced asthma**

- short-acting beta agonist as needed

## 包含 BMJ 最具權威的實証醫學資料庫— BMJ Clinical Evidence

詳細的列出有效的治療介入處置、相關實証資料、  
詳盡列出處置可能產生的效益及傷害

Highlights	Basics	Prevention	Diagnosis	Treatment	Follow Up	Resources
Summary Overview	Definition Epidemiology Aetiology Pathophysiology Classification	Primary Screening Secondary	History & examination Tests Differential Step-by-step Criteria Guidelines Case history	Details Step-by-step Emerging Guidelines <b>Evidence</b>	Recommendations Complications Prognosis	References Images Online resources Patient leaflets Credits

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Systematic reviews: Questions Intervention Table ClinicalEvidence

What are the effects of treatments for chronic asthma?		
Beneficial	②③	<ul style="list-style-type: none"><li>Adding long-acting inhaled beta<sub>2</sub> agonists in people with mild to moderate, persistent asthma that is poorly controlled by inhaled corticosteroids</li><li>Low-dose inhaled corticosteroids in people with persistent asthma</li><li>Short-acting inhaled beta<sub>2</sub> agonists as needed in adults with mild or moderate asthma</li></ul>
Likely to be beneficial	②③	<ul style="list-style-type: none"><li>Adding leukotriene antagonists in people with mild to moderate, persistent asthma not taking inhaled corticosteroids</li><li>Adding theophylline in people with mild to moderate, persistent asthma poorly controlled by inhaled corticosteroids</li></ul>
Unknown effectiveness	②③	<ul style="list-style-type: none"><li>Adding leukotriene antagonists to inhaled corticosteroids in people with mild to moderate, persistent asthma</li></ul>



# 個人化工具

使用者可以選擇自己熟悉的語言介面

## My Best Practice

可儲存搜尋的結果、自己關注的文獻

The screenshot displays the BestPractice website interface. At the top, there are navigation tabs: "About Best Practice", "Patient Leaflets", and "My Best Practice". The "My Best Practice" tab is selected. Below the navigation, the "BestPractice" logo is visible, along with a search bar labeled "Search Best Practice" and a "Browse conditions" dropdown menu. The main content area is titled "Asthma in adults" and is updated as of "16 Ja". It features several columns of links: "Highlights" (Summary, Overview), "Basics" (Definition, Epidemiology, Aetiology, Pathophysiology, Classification), "Prevention" (Primary, Screening, Secondary), "Diagnosis" (History & examination, Tests, Differential, Step-by-step, Criteria, Guidelines, Case history), "Treatment" (Details, Step-by-step, Emerging, Guidelines, Evidence), "Follow Up" (Recommendations, Complications, Prognosis), and "Resou" (References, Images, Online r, Patient l, Credits). Below this, there is a "Systematic reviews: Questions" section with a "ClinicalEvi" link. The "Intervention Table" is shown, with the question "What are the effects of treatments for chronic asthma?". The table lists two categories: "Beneficial" and "Likely to be beneficial", each with a list of treatment recommendations. A language dropdown menu is open on the right side of the page, showing options: English, español, français, italiano, 中文 (中國), Türkçe, 日本語, 中文 (台灣), 한국어, portugues, and ελληνικά. A green arrow points from the text above to the language menu, and another green arrow points from the text above to the "My Best Practice" tab.



如果有任何建議、問題  
歡迎您與飛資得醫學資訊聯絡

