

# Using UpToDate

Access summaries of the latest evidence on clinical topics

- Helps clinicians to answer clinical questions quickly and easily at the point of care
- Contains thousands of graphics free to download into presentations
- Contains quick reference medical calculators
- Allows you to accrue Continuing Medical Education (CME) credits
- Includes drugs information and drugs interaction databases

**Please note** : UpToDate is an American resource. This is particularly important when using information on licensed indications, doses and treatment pathways.

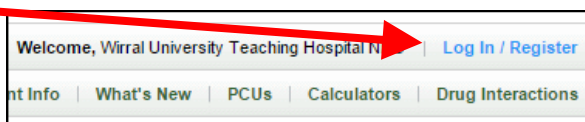
For UK advice please refer to the Electronic Medicines Compendium or contact Medicines Information on extension 5126.

## (WUTH and CCC staff)

To access UpToDate, go to <https://www.uptodate.com> from a work PC

Log in or register to:

- Access UpToDate from home
- Download the mobile app
- Accrue CME credits



## WUTH staff

You can also access UpToDate using your OpenAthens account via NICE Evidence.

Each evidence summary contains a full overview of the topic you have selected. This includes a Topic Outline where you can use the headings to navigate the page

UpToDate®

Welcome, [User] | My UpToDate | CME 11.7 | Log Out

diabetes

Contents | Patient Education | What's New | Practice Changing UpDates | Calculators | Drug Interactions

Overview of medical care in adults with diabetes mellitus

diabetes Find Patient Print Share Bookmark

Topic Outline

SUMMARY & RECOMMENDATIONS

INTRODUCTION

EVALUATION

Initial

- Diabetes-related complications
  - Routine eye examination
  - Diabetic retinopathy
  - Visual impairment
- Routine foot examination
- Screening for increased urinary albumin excretion
- Screening for coronary heart disease

Comorbid conditions

Overview of medical care in adults with diabetes mellitus

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Contributor Disclosures

All topics are updated as new evidence becomes available  
Literature review current through: Jul 2018. | This topic

INTRODUCTION — The estimated overall prevalence of diabetes mellitus ranges from 5.8 to 12.9 percent (median 8.4 percent) [1,2]. The estimated to be spent on diabetes than any other condition directly related medical complications, contribute to the impact on the economics. Diabetes is associated with a high prevalence of depression [3] and adversely impacts employment, absenteeism, and work productivity [5].

Use the Task bar to view your CME credits and request certificates

- View the latest Practice Changing Updates
- Use the quick reference medical calculators
- View drugs information and drugs interaction databases

**Your feedback is important!** Your feedback on the clinical value of UpToDate is extremely useful in evaluating the impact of UpToDate. Please send your feedback to [wuth.lks@nhs.net](mailto:wuth.lks@nhs.net).

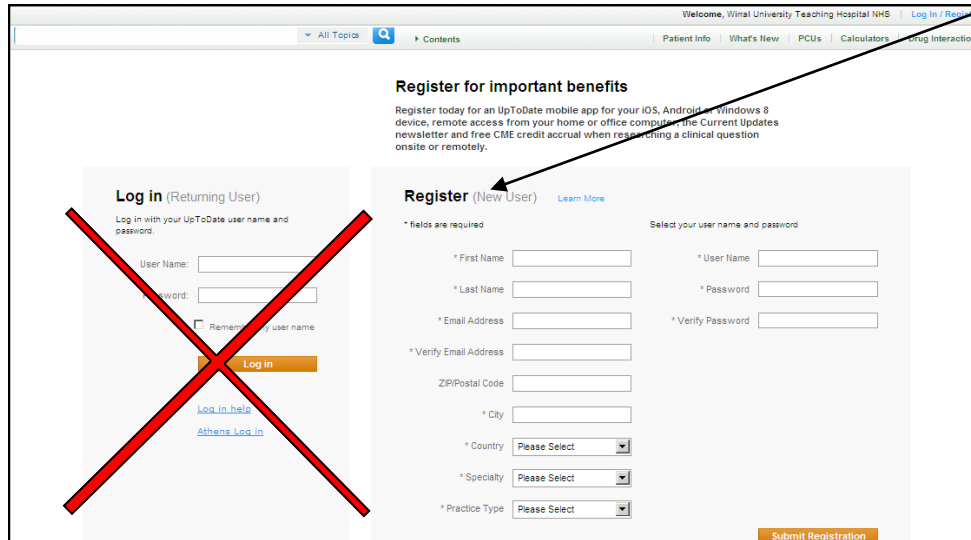
# How to access UpToDate on your mobile device

1. Access UpToDate by following the instructions on the previous page.

2. Click on 'Register Now'



3. **Do not log in.** Register as a new user and create your username and password,



4. Create a unique user name and password. You are now registered and will receive a confirmation email.

5. Visit your App Store / Google Play store and download the UpToDate app. Use the UpToDate username and password you created during the registration process to log in to the app. You can access the UpToDate app on up to two mobile devices.

## Register and earn CME credits

Remember: You must register from the WUTH network in order to and accrue CME credits. To ensure you are logged in correctly and earning CME credits, check to make sure the CME tab appears in the navigation bar at the top of the page.

## 90 Day Re-Validation Required

In-application & email messaging will inform you of the need to verify affiliation with your organisation. Complete verification by logging in to UpToDate from a WUTH network computer at least once every 90 days.

For more information on how to download the app please go to: [www.uptodate.com/home/uptodate-mobile-access](http://www.uptodate.com/home/uptodate-mobile-access)

Visit our website at <https://www.wuth.nhs.uk/choose-us/for-library-and-knowledge-services/> or contact us at:

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