

## Knowledge & Library Service

### Bite-Sized Guides: BMJ Best Practice



#### Where can I find it?

<https://www.bmj.com/company/nhse/> or via your [OpenAthens Resources](#) page

#### How to access with your NHS email address

1. Go to BMJ BP's email registration page: <https://bestpractice.bmj.com/registration/inst-email>
2. **Use your NHS email address to register for a BMJ Best Practice user profile** – it's easy to do and only takes a minute to set up. Your user profile will enable you to track your CME/CPD activity and download the app for access anywhere, anytime, even offline.
3. When you next visit BMJ Best Practice, log in with your BMJ Best Practice user profile to access the content.

#### How to access via OpenAthens

1. Click '[Access through your institution](#)', select the OpenAthens option and sign in with your credentials. You will then be taken back to BMJ Best Practice.
2. **If you are a new user, you will need to now register for a BMJ Best Practice user profile** – it's easy to do and only takes a minute to set up. Your user profile will enable you to **track your CME/CPD activity and download the app** for access anywhere, anytime, even offline.

**Register here for an NHS OpenAthens account:** <https://openathens.nice.org.uk/>

#### Is there an App?

Yes, once you have set up a Best Practice user profile, visit your Apple or Google play store and search for 'BMJ Best Practice' to download. Enter your user profile details to sign in and download the content.

#### What are the main features?

- Monographs written by independent experts.
- Co-morbidities tool which amends management algorithms based on your patient's other conditions 

- Thousands of colour images.
- Videos of common procedures such as intercostal drain insertion
- Topics are continuously updated, reflecting the best available evidence.
- Drug formularies are integrated for quick checking of prescription guidance, eg BNF.
- Links provided for references (full text where available).
- More than 500 Information Standard certified patient information leaflets are provided for patients to support shared decision making.
- Browse and search over 250 evidence-based medical calculators.
- Important updates flagged in topics. The app gives the facility to receive notifications of practice changing updates.

### What might I not know about it?

- Record CPD/CME time spent on the website or app. CPD time is accredited by Royal College of Physicians, BMJ Best Practice gives you 0.25 credits for every 15 mins spent on the website and app.
- Each topic includes a button to produce a pdf of the article, for ease of saving or printing.
- Links to Cochrane evidence to provide rapid answers to clinical questions.
- Many topics include images – photos, illustrations & infographics.
- The information about possible complications also includes timescale and likelihood advice.
- Web version contains an Evidence Based Medicine Toolkit

### How often is it updated?

Monographs are fully updated at least once a year. In addition, guidelines, evidence and drug alerts are continuously reviewed.

### How do I find my way around?

Either using the search bar (like google, Best Practice suggests terms as you type), or choose the Specialties tab find your interests that way.

Each topic page is laid out in a very similar way – a number of category headings below the article title, with a dropdown list of subheadings below each, which vary slightly depending on the topic – for an example, see below:

| Anaphylaxis <span>View PDF</span> |              |                  |                                                                                                         |               |                   |
|-----------------------------------|--------------|------------------|---------------------------------------------------------------------------------------------------------|---------------|-------------------|
| OVERVIEW                          | THEORY       | DIAGNOSIS        | MANAGEMENT                                                                                              | FOLLOW UP     | RESOURCES         |
| Summary                           | Epidemiology | Recommendations  | Recommendations                                                                                         | Monitoring    | Guidelines        |
|                                   | Aetiology    | History and exam | Treatment algorithm  | Complications | Images and videos |
|                                   | Case history | Investigations   | Emerging                                                                                                | Prognosis     | References        |
|                                   |              | Differentials    | Prevention                                                                                              |               | Patient leaflets  |
|                                   |              | Criteria         | Patient discussions                                                                                     |               | Evidence          |

Check out the **Co-morbidities Manager** (shown here with the ) , link also available within “Your Profile”

**For assistance with this or any other information resources, you can contact:**

DRI Library [dbth.dri.library@nhs.net](mailto:dbth.dri.library@nhs.net) Tel: 642894

Bassetlaw Library [dbth.bas.library@nhs.net](mailto:dbth.bas.library@nhs.net) Tel: 572917

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### **Test Yourself!**

#### **10 Quick Questions: (answers on next page)**

1. Find a newly emerging treatment for migraine headaches in children.
2. How useful is acupuncture in the treatment of osteoarthritis of the knee?
3. Find the original full text of the 2019 NICE management guidelines which cover peptic ulcer disease.
4. Inguinal hernia – how many strong risk factors are listed?
5. Find information to give a patient with an acute otitis media infection.
6. Has an infestation of bed bugs ever been found in an aircraft?
7. Patient has itching seborrhoeic keratosis – what is the recommended duration of treatment with topical betamethasone (0.05%)?
8. Find images of German measles rashes.
9. Once treated, what's the likelihood of a relapse of Hansen's disease?
10. Download a screening tool for postnatal depression.

## 10 Quick Answers:

1. Flunarizine is noted a currently unlicensed but potentially useful treatment. Go to Migraine Headache in Children\ Management\ Emerging: <https://bestpractice.bmj.com/topics/en-gb/678/emergingtxs>
2. Results have been mixed, although there appears to be some evidence that acupuncture may be of benefit for OA of the knee joint. Navigate to Osteoarthritis, then 'non-pharmacological approaches' in the Treatment Algorithm, and use CTRL F [acupuncture] to see what they say: <https://bestpractice.bmj.com/topics/en-gb/192/treatment-algorithm>
3. NICE Guideline CG 184 Gastro-oesophageal reflux disease and dyspepsia in adults: investigation and management. <https://www.nice.org.uk/guidance/cg184> . Go via Peptic Ulcer Disease> Resources> Guidelines
4. 10 'strong' risk factors for Inguinal hernia are listed: male sex; older age; family history; prematurity; abdominal aortic aneurysm (AAA); defective transversalis fascia; chronic bronchitis or emphysema; Marfan syndrome; Ehlers-Danlos syndrome; lathyrism. Go to Inguinal Hernia\ History & Examination: <https://bestpractice.bmj.com/topics/engb/723/history-exam>
5. BMJ Patient Information "Middle Ear Infection" <https://bestpractice.bmj.com/patient-leaflets/en-gb/pdf/1519009286788.pdf> . Go to Acute otitis media \ Resources\ Patient Leaflets
6. Yes – it's a more common site than hospitals or cinemas – Happy travelling! Go to Bed Bugs\ Theory\ Aetiology: <https://bestpractice.bmj.com/topics/en-gb/851/aetiology>
7. 4-5 days. Go to Seborrhoeic keratosis\ Management\ Treatment algorithm\ corticosteroids: <https://bestpractice.bmj.com/topics/en-gb/617/treatmentalgorithm>
8. Images of rubella & similar rashes are available here <https://bestpractice.bmj.com/topics/en-gb/1167/images-and-videos> Go to Rubella\ Resources\ Images & videos. Click on any image to expand
9. Relapse following multi-drug therapy is very rare; in one study, the cumulative risk of relapse was 2.24%. Go to Leprosy\ Follow Up\ Prognosis: <https://bestpractice.bmj.com/topics/en-gb/923/prognosis>
10. The Edinburgh Postnatal Depression Scale is downloadable/printable in pdf format from <https://www.fresno.ucsf.edu/pediatrics/downloads/edinburghscale.pdf>. Go to Depression in adults\ Diagnosis\ Screening for the list of available tools: <https://bestpractice.bmj.com/topics/en-gb/55/screening>