

## 每日更新临床EBM主题评论数据库

收录逾3,200组临床医学主题，包含：一般与异常的疾病或是症状、特定议题、正在发展的最新研究或范畴，用DynaMed的医生或是专业人员的建议。每组主题包含以下分类：

- General Information (including ICD-9 & ICD-10 codes) 概述
- Causes & Risk Factors 致病因素及危险因素
- Complications & Associated Conditions 并发症与相关症状
- History 病史
- Physical 理学信息
- Diagnosis 诊断 (提供实证等级信息)
- Prognosis 预后 (提供实证等级信息)
- Treatment 治疗 (提供实证等级信息)
- Prevention & Screening 预防与筛选 (提供实证等级信息)
- References (including reviews & guidelines) 原始参考文献
- Patient Information 给予病患的相关信息

信息来源：每日审视逾500种的顶尖医学期刊、重要医学二次文献、实证医学文献资源、药物信息资源、临床诊疗指引，并且提供容易判读的**实证等级(Level 1 (likely reliable) Evidence**、**Level 2 (mid-level) Evidence**、**Level 3 (lacking direct) Evidence**)与**建议等级(Grade A recommendation (consistent high-quality evidence)**、**Grade B recommendation (inconsistent or limited evidence)**、**Grade C recommendation (lacking direct evidence)**

符合实证医学资源构成之三大要素与七大步骤：

- 过程透明性 (明白指出审视的内容与过程: link to reference?)
- 过程完整性 (有无遗漏可能的信息？内容是否为单一来源或出版社?)
- 过程持续性 (有无持续审视相关信息? Daily updated?)

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## DynaMed 临床实证医学 参考资源 之构成七大步骤

**步骤一**  
系统性的对所有适当实证，加以鉴定

**步骤二**  
从鉴定过后的结果系统性的选择最有效、最相关的实证

**步骤三**  
系统性的评估这些经过筛选的证据（批判性的评估）

**步骤四**  
正确的为这些证据以及其实证质量作出结论

**步骤五**  
以这些证据为基础作出总结

**步骤六**  
将各式的零碎证据结合，以得到一个完整的总结

**步骤七**  
如果有新的证据被通报为最佳的现有证据，即对最后的总结进行更正

**利用关键词查找**

另可选择分科查询

**点选Treatment即可进入下方治疗方式说明页面**

**Achilles tendinopathy 治疗方式说明**

**实证等级信息：点击之后会有新分页阐述分类准则**

**建议等级信息：点击之后会有新分页阐述分类准则**

**链接至原始文献信息以及阅读全文**

**LEVELS OF EVIDENCE**

DynaMed provides easy-to-interpret Level of Evidence labels so users can quickly find the best available evidence and determine the quality of the best available evidence. Evidence may be labeled in one of three levels:

- Level 1**  
Level 1 (likely reliable) Evidence - representing research results addressing clinical outcomes and meeting an extensive set of quality criteria which minimize... [Read More](#)
- Level 2**  
Level 2 (mid-level) Evidence - representing research results addressing clinical outcomes, and using some method of scientific investigation, but not meeting the quality criteria to achieve level 1 evidence labeling.
- Level 3**  
Level 3 (lacking direct) Evidence - representing reports that are not based on scientific analysis of clinical outcomes. Examples include case series, case reports, expert opinion, and conclusions extrapolated indirectly from scientific studies.

**Grades of Recommendation**

Guideline producers are now frequently using classification approaches for their evidence and recommendations, and these classifications are recognized and requested by guideline users. When summarizing guideline recommendations for DynaMed users, the DynaMed Editors are using the guideline-specific classifications and providing the guideline classification approach when this is done.

**Achilles tendinopathy**

**Recommendation grading systems used:**

- American Physical Therapy Association (APTA) grading system for recommendations
  - levels of evidence
    - Level I - evidence obtained from high-quality diagnostic studies, prospective studies, or randomized controlled trials
    - Level II - evidence obtained from lesser-quality diagnostic studies, prospective trials, or randomized controlled trials (for example, weaker diagnostic criteria and reference standards)
    - Level III - case-controlled studies or retrospective studies
    - Level IV - case series
    - Level V - expert opinion
  - grades of recommendation
    - Grade A
      - based on strong evidence
      - supported by multiple Level I or Level II studies
      - must include ≥ 1 Level I study
    - Grade B
      - based on moderate evidence
      - supported by single high-quality randomized trial or multiple Level II studies
    - Grade C
      - based on weak evidence
      - supported by 1 Level II study or multiple Level III or Level IV studies including statements of consensus by content experts
    - Grade D
      - based on conflicting evidence
      - supported conflicting conclusions of higher quality studies done on subject
    - Grade E
      - based on theoretical/foundational evidence
      - supported by evidence from animal or cadaver studies, conceptual models/principles, or basic sciences/bench research
    - Grade F
      - based on expert opinion
      - supported by best practice based on clinical experience of guideline development team

Reference - APTA guideline on Achilles tendinitis (J Orthop Sports Phys Ther 2010 Sep;40(9):A1)

## 还有更多其他功能：

阅读每日更新信息

医学计算公式

依照科别筛选  
每日最新信息

设定[Email]自动更新提醒

The screenshot shows the DynaMed website interface. At the top, there are navigation tabs: Home, Focused Updates, E-Newsletter, Mobile, Calculators, and Search. The main content area is titled "筛选会[影响临床操作]之最新信息" (Latest information on screening [affecting clinical practice]). Below this, there is a search bar and a list of topics. The list includes topics like "Calcium intake and supplementation", "Hypertensive disorders of pregnancy", and "Menopausal disease", each with a date and time stamp.

## 2012年12月份Journal of Clinical Epidemiology (临床传染病学期刊) 评估市面上10种实证医学资源

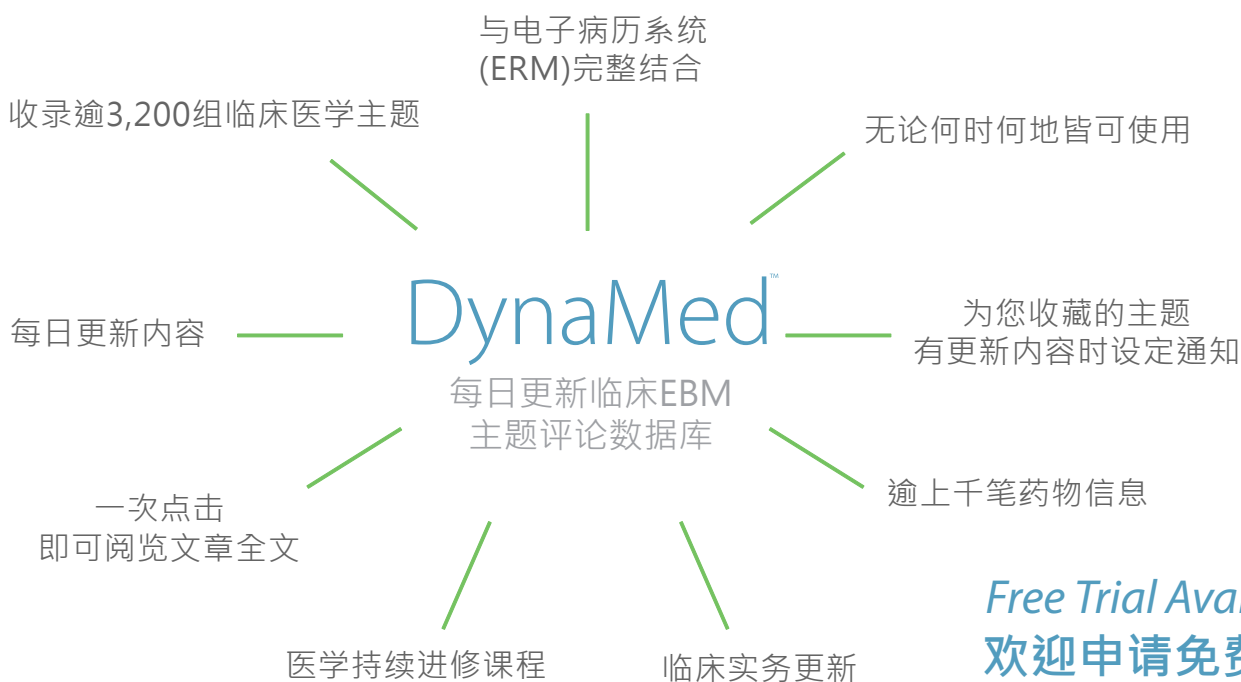
在 Journal of Clinical Epidemiology (临床传染病期刊)所进行的一项研究中，DynaMed在10种实证医学资源中，获得了最高的评价。

1. Timeliness of content updating: 内容的更新 (DynaMed 获评为 No.1)
2. Breadth of coverage: 内容的广度 (DynaMed 获评为 No.3)
3. Quality of evidence reporting: 实证证据的品质 (DynaMed 获评为 No.2)



DynaMed 是唯一一项实证医学资源于上述三项评选项目中  
皆获得前三名的实证医学数据库

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