



## Knowledge, Library and Information Service

### e-Resources Bite-Sized Guides: BMJ Best Practice



#### Where can I find it?

Via your Athens Resources page listed as “BMJ Best Practice”  
(find it here: <https://openathens.nice.org.uk/Hub/Resources> ).

#### Is there an App?

Yes, first open up Best Practice on a PC via Athens & set up a personal account (make a note of your personal details), then the app can be downloaded & installed from the Google Play store or Itunes (some of your personal details are needed for security).  
Once downloaded, it works offline – no internet connection required.

#### Do I need an NHS Athens account to access it?

Yes (if you don't have one, you can click on the “Register” button register here:  
<https://openathens.nice.org.uk/auth/login> )

#### What are the main features?

- Over 1000 individual monographs written by independent experts.
- Over 3000 colour images.
- 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).
- Information Standard certified leaflets are provided for patients to support shared decision making.

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

- Each page can be linked to a “My Best Practice” account (free to set up) for easy tracking & recording of CPD/CME.
- The account also allows users to save searches, and add notes / bookmarks.
- Each topic includes a button to produce a pdf of the article, for ease of saving or printing.

### 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 “Show Conditions” tab to browse the A-Z list of conditions & topics.

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:

Highlights	Theory	Prevention	Diagnosis	Management	Follow Up	Resources
<a href="#">Summary</a> <a href="#">Overview</a>	<a href="#">Definition</a> <a href="#">Epidemiology</a> <a href="#">Aetiology</a> <a href="#">Pathophysiology</a> <a href="#">Classification</a>	<a href="#">Primary</a>	<a href="#">History &amp; examination</a> <a href="#">Investigations</a> <a href="#">Differential</a> <a href="#">Approach</a> <a href="#">Guidelines</a> <a href="#">Case history</a>	<a href="#">Step by step</a> <a href="#">Approach</a> <a href="#">Emerging</a> <a href="#">Guidelines</a>	<a href="#">Monitoring</a> <a href="#">Complications</a> <a href="#">Prognosis</a>	<a href="#">References</a> <a href="#">Images</a> <a href="#">Patient leaflets</a> <a href="#">Contributors</a> <a href="#">Update history</a> <a href="#">Related BMJ content</a>

PDF CME / CPD certificates Bookmark Add a note

### 10 Quick Questions: (answers below)

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 2014 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 a middle ear 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 or print a brief, 6 section screening questionnaire for Seasonal Affective Disorder.

## **10 Quick Answers:**

1. Flunarizine is noted a currently unlicensed but potentially useful treatment. Go to Migraine Headache in Children\ Management\ Emerging: <http://bestpractice.bmj.com/best-practice/monograph/678/treatment/emerging.html>
2. Compared with sham acupuncture or control, Acupuncture may be no more effective at improving function than sham acupuncture or control in people with osteoarthritis of the knee (although only low quality evidence is available). Search for 'Osteoarthritis knee acupuncture': <http://bestpractice.bmj.com/best-practice/evidence/intervention/1121/1/sr-1121-i4.html>
3. NICE Guideline CG 184 Gastro-oesophageal reflux disease and dyspepsia in adults: investigation and management. <https://www.nice.org.uk/guidance/cg184> . Go to Peptic Ulcer Disease\ Management\ Guidelines\ Europe.
4. 12 'strong' risk factors are listed: male sex, old age, smoking, FHx (family history), prematurity, arterial aneurysm, previous right lower quadrant incision, defective transversalis fascia, chronic bronchitis or emphysema, Marfan's syndrome, Ehlers-Danlos syndrome, lathyrism. Go to Inguinal Hernia\ History & Examination: <http://bestpractice.bmj.com/best-practice/monograph/723/diagnosis/history-and-examination.html>
5. BMJ Patient Information "Middle Ear Infection" <http://bestpractice.bmj.com/best-practice/pdf/patient-summaries/en-gb/532546.pdf> . Go to Labyrinthitis\ Resources\ Patient Leaflets
6. Yes – it's a more common site than hospitals or cinemas. Go to Bed Bugs\ Theory\ Aetiology: <http://bestpractice.bmj.com/best-practice/monograph/851/basics/aetiology.html>
7. 4-5 days. Go to Seborrhoeic keratosis\ Management\ Step by step: <http://bestpractice.bmj.com/best-practice/monograph/617/treatment/details.html>
8. 9 images of rubella & similar rashes are available here <http://bestpractice.bmj.com/best-practice/monograph/1167/resources/images.html> . Go to Rubella\ Resources\ Images. Click on any image to expand
9. Very rare (around 1.3% of new reported cases are relapses). Go to Leprosy\ Follow Up\ Prognosis: <http://bestpractice.bmj.com/best-practice/monograph/923/follow-up/prognosis.html>
10. The Seasonal Pattern Affective Questionnaire (SPAQ) is downloadable/printable in pdf format from <http://www.ubcmood.ca/sad/SPAQ-SAD.pdf> . Go to Seasonal Affective Disorder\ Prevention\ Screening for the list of available tools: <http://bestpractice.bmj.com/best-practice/monograph/985/prevention/screening.html>

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

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