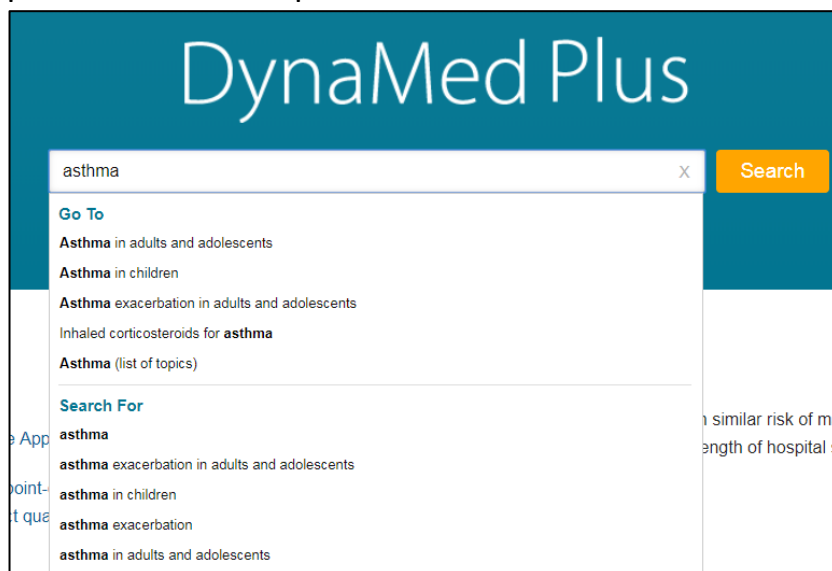


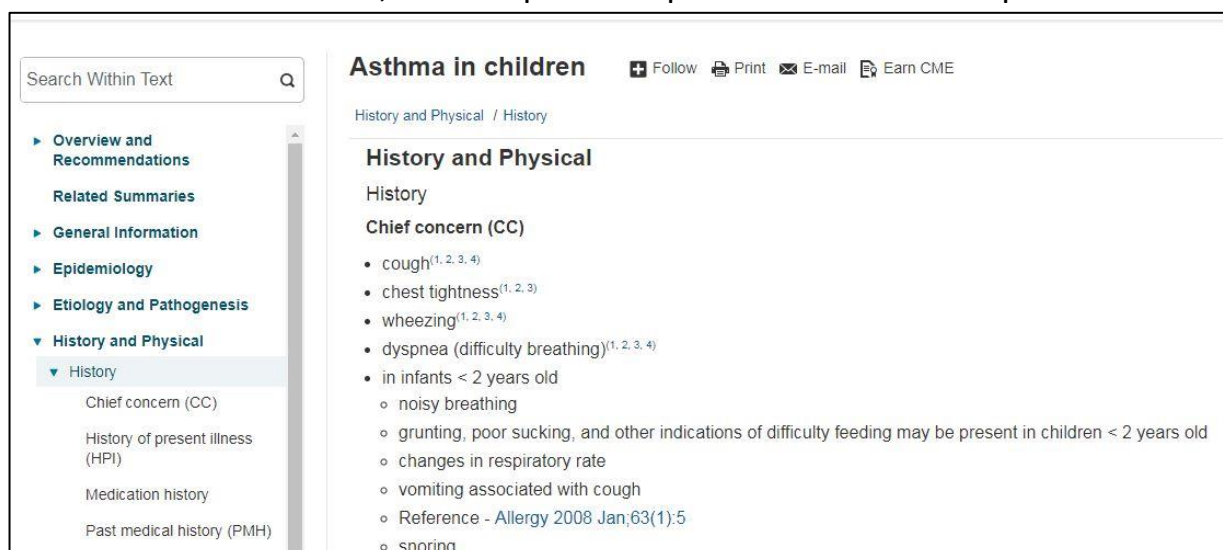
DynaMed Plus is a web-based tool that provides current, evidence based information to support decision making at the point of care.

How to navigate

1. Access via library webpages (either homepage or electronic resources) and login with your Athens credentials: www.gloshospitals.nhs.uk/library
2. Search by typing in keywords into the main search box (e.g. asthma) which produces a list of options:



3. Choose a topic (e.g. asthma in children) and explore by selecting a topic overview from the left hand menu, this will provide up to date information plus the source:



4. In cases of treatment/management it will give you the grading of the evidence according to specific guidelines (which are outlined in the references and hyperlinked in the text):

Diet

n-3 fatty acids (fish oil)

- limited and conflicting evidence for benefits with omega-3 oils
 - based on 3 randomized trials and 3 systematic reviews
 - **supplementation with omega-3 oils associated with improved asthma control in children (level 2 [mid-level] evidence)**
 - based on randomized trial with high dropout rate
 - 72 children with moderate persistent asthma were randomized to various supplements vs. placebo and were followed for 38 weeks
 - each child followed normal diet and completed all 5 six-week supplement phases (each separated by 2-week washout periods) including
 - omega-3 oil 1,000 mg plus 2 placebo capsules (containing lactose) per day
 - zinc 15 mg plus 2 placebos per day
 - vitamin C (ascorbic acid) 200 mg plus 2 placebos per day

5. Guidelines and Resources: find on the left menu. These cover global guidelines and the resources that inform them:

▼ **Guidelines and Resources**

▼ Guidelines

- International guidelines
- United States guidelines**
- United Kingdom guidelines
- Canadian guidelines
- European guidelines

6. Note the Patient decision aids/information – global evidence for healthcare professionals to recommend to their patients:

- handouts from Patient UK on
 - [asthma PDF](#)
 - [asthma - picture summary PDF](#)
 - [inhalers for asthma PDF](#)
 - [asthma - peak flow diary PDF](#)
 - [asthma - peak flow meter PDF](#)
- technical information from Patient Plus on
 - [management of childhood asthma PDF](#)
 - [asthma action plans PDF](#)

7. You can follow a topic (set up an alert to yourself), print or email whole topics or sections:

Asthma in children  Follow  Print  E-mail  Earn CME

8. You can also earn CME credits (accredited by the Royal College of General Practitioners) by completing the form to prove how this topic has helped you.

Calculators

You'll notice at the top left of the screen there is a link to Calculators. This will open up a new page which will show a menu:

EBSCOHealth **Calculators**

DynaMed

Calculators

- Medical Equations
- Clinical Criteria
- Decision Trees
- Statistics Calculators
- Units & Dose Converters
- Search by Specialty
- Math Calculator
- Glossary
- References

Be aware that calculators here should only be used if in line with Trust policy.