



Dr Kate Adams

Dr Kate Adams is a fully qualified GP, and has been working in Hackney for the last six years. Dr Adams spends three days a week working in the practice, and the rest of her time is spent as a clinical GP within the local A&E department and for the GP out-of-hours service.

Kate has been using *Best Practice* to support her practice for the past twelve months and she explains why it has become her first point of call when she needs reliable and trustworthy evidence-based information.

"As a General Practitioner I treat a broad range of conditions, but this means my knowledge is not in-depth in all areas. I am not a specialist and in this role it is impossible to think I can know everything. As doctors we have to be careful about the decisions we make when it comes to the well-being of our patients. Having access to the latest evidence to back up those decisions is essential."

The first place I turn

"When I am presented with a clinical question that I do not know the answer to then *Best Practice* is the first resource I will turn to. It is absolutely the best product I have used to support my decision-making in practice. It provides me with access to the latest information across a broad range of topics and guidance on the decisions I need to make. This gives me reassurance that I have the most up-to-date information when considering the treatment approaches for my patients.

Trusted information

I use other resources including Google to search for the answers I need, but it can bring back thousands of possible websites and I don't have time to go through them all to find the information I need. Also, it can be hard to tell if the information is credible or trustworthy. That is why *Best Practice* is so valuable. Coming from the BMJ Evidence Centre, it instils confidence that the information can be trusted. Even when there is no evidence available, it will tell me so I know I am not overlooking anything. I can rely on the information and I know that if I follow the recommendations, I won't be putting my patients at risk."

Supporting the way I work

"The information is laid out in a format that is intuitive and it mirrors the way that I work. It is very comprehensive, yet the information is presented in digestible chunks, under logical headings. This allows me to quickly drill down to the information I need, instead of wading through pages and pages of unnecessary information.

As a GP I do not have time to spend researching answers. When I am with a patient I need to access information quickly. With *Best Practice*, not only can I access evidence quickly to support my treatment decisions, but I can also share this with the patient. This allows us to have a really beneficial discussion about the options available before deciding upon an appropriate course of action."

Kate explains how she used *Best Practice* to facilitate a productive discussion with a patient at her regular out-of-hours surgery: "During a Saturday afternoon surgery a patient with Bell's palsy came in to see me. This is not a condition that I come across regularly and there were no other colleagues around to confer with. This is where *Best Practice* provided invaluable online support. I wanted to know what evidence was available for using anti-virals and how long steroids should be taken for and at what dose. I was able to retrieve this information quickly and then share it with the patient. After discussing the various options, together we agreed an appropriate treatment plan. I then gave the patient the Bell's palsy patient information leaflet to take away. The patient leaflets available with *Best Practice* are clear and well-written and provide a really valuable resource when it comes to reassuring and informing patients on a condition. I use them frequently.

All doctors are expected to work with PCs, but there is a real art to creating resources for use online. I don't have time to search through text books or similarly, scroll through pages and pages of text to get to the relevant information. I need quick access to the relevant information, so that I can get on with the job of treating my patients as effectively and efficiently as I can. And that is exactly what *Best Practice* gives me."

Find out more

For more information about setting up a trial, helping your users get the most out of *Best Practice*, or licensing *Best Practice* in your institution, please contact our sales team email: consortiasales@bmjgroup.com or telephone: +44 (0)20 7383 6693.

