

# BestPractice

[bestpractice.bmj.com](http://bestpractice.bmj.com)

## User Guide

BMJ Evidence Centre

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# Introducing *Best Practice*

Health care professionals need to have fast and easy access to reliable, up-to-date information when making diagnosis and treatment decisions. This is precisely what *Best Practice* provides.

*Best Practice* is a completely new concept for information delivered at the point of care. In one single source we have combined the latest research evidence, guidelines and expert opinion – presented in a step-by-step approach, covering prevention, diagnosis, treatment and prognosis. *Best Practice* provides a second opinion in an instant, without the need for checking multiple resources. Its unique patient-focused approach represents a major new advancement in information delivery at the point of care.

### **About this guide**

This user guide will provide you with an overview of *Best Practice* including how to browse and navigate content, the structure of content, and some of the additional features.

## Browse and search

Finding information in *Best Practice* can be done by browsing in a variety of different ways, or by full text searching. The browse and search functions can be found at the top of any page including the homepage as shown below.

Click on 'Browse conditions' anywhere in the site to access the browse functionality

Browse by content type (assessments or overviews) or broad clinical categories

Free text search is available via the search box

Browse all content alphabetically

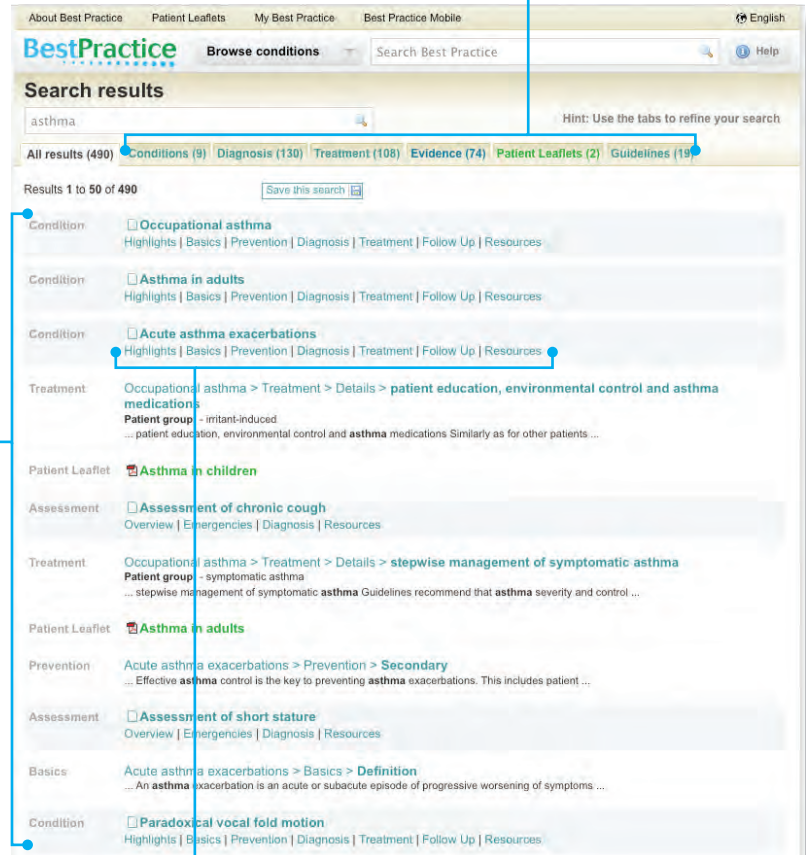
The screenshot displays the top navigation bar of the Best Practice website. It includes links for 'About Best Practice', 'Patient Leaflets', 'My Best Practice', and 'Best Practice Mobile', along with a language selector set to 'English'. Below the navigation bar is a 'Browse conditions' dropdown menu and a search box labeled 'Search Best Practice'. The 'Browse conditions' menu is open, showing a list of clinical categories such as 'All conditions', 'Assessments', 'Overviews', 'Allergy and immunology', 'Cardiothoracic surgery', 'Cardiovascular disorders', 'Critical care medicine', 'Dermatology', 'Ear, nose and throat', 'Emergency medicine', 'Endocrinology and metabolic disorders', and 'Gastroenterology and hepatology'. A vertical alphabetical index is visible next to the list. The main content area features the 'BestPractice' logo, a brief description of the service, and links for purchasing options, a tour, free trial, sample content, and getting started. It also mentions 'from BMJ Evidence Centre' and includes two highlighted boxes: one for 'Swine influenza' and another for 'What's new?'.

## Browse and search

Search results are ranked by relevance and allow easy access direct to the type of content most relevant to you.

Content type clearly listed in search results

Refine results by content type using the tabs



Links are available directly to different sections of articles to aid quick navigation



# Topic overviews

## Condition

Diagnosis and treatment information is clear and easy to find. It is not necessary to scroll through pages of text - users can expand or hide detailed text as appropriate to their requirements.

Access patient leaflets relevant to each topic or click to see the full list

Resources include references (with abstract and/or full text links), images and further online resources

Click to expand/reveal information or click 'show all' to see all available text

Treatment guidelines appropriate to the condition are listed from international and regional organisations

The screenshot displays the 'Best Practice' website interface for 'Asthma in adults'. The top navigation bar includes 'About Best Practice', 'Patient Leaflets', 'My Best Practice', and 'Best Practice Mobile'. The main content area is titled 'Asthma in adults' and features a grid of tabs: Highlights, Basics, Prevention, Diagnosis, Treatment, Follow Up, and Resources. The 'Treatment' tab is selected, showing 'step 1: mild intermittent and exercise induced asthma Acute'. Below this, there are 'Primary Options' for salbutamol and levosalbutamol inhalers. The 'Resources' tab is also expanded, showing 'History & examination' and 'Risk factors'.

**History & examination**

**Key diagnostic factors** [show all](#)

- presence of risk factors [\(comment\)](#)
- Key risk factors include a FHx of asthma, exposure to allergens (e.g. dust mites, pets, tobacco smoke), hx of atopia (e.g. eczema, allergic rhinitis), parental smoking and hx of wheezing <1 year of age.

**Risk factors** [show all](#)

**Strong**

- FHx
- A parental history of asthma is a major risk factor for early development of asthma. [1] Multiple genes are implicated that predispose people to hyper-responsiveness to environmental aetiological triggers.

**Weak**

- viral infection
- nasal polyposis
- obesity

Assessment content provides detailed guidance on the diagnosis of key clinical symptoms and the use of diagnostic tests and procedures.

Information on urgent considerations

Sort differential diagnosis by frequency or category

Click to expand and link through to additional information

Detailed information on how to make the diagnosis

The screenshot shows the Best Practice website interface for the 'Assessment of acute headache' page. The page has a navigation bar with links for 'About Best Practice', 'Patient Leaflets', 'My Best Practice', and 'Best Practice Mobile'. Below the navigation bar is a search bar and a 'Browse conditions' dropdown menu. The main content area is titled 'Assessment of acute headache' and has a navigation menu with 'Overview', 'Emergencies', 'Diagnosis', and 'Resources'. The 'Diagnosis' section is selected, showing 'Step-by-step' and 'Differential diagnosis' options. Below this is a 'Differential diagnosis' section with a 'Sort by: common/uncommon or category' dropdown. The 'Common' category is selected, and the 'Acute sinusitis' entry is expanded. The expanded entry shows 'History', 'Exam', '1st test', and 'Other tests' sections. The 'History' section describes common symptoms in children. The 'Exam' section describes bulging, opacified tympanic membrane. The '1st test' section lists otoscopy. The 'Other tests' section lists pneumatic otoscopy and tympanometry.

Statements on the treatment of disease in *Best Practice* are backed up by the latest evidence from the BMJ Evidence Centre. *Clinical Evidence* is one of the world's most respected and trusted sources of evaluated medical research. Appropriate content from *Clinical Evidence* is incorporated directly into each *Best Practice* topic, and clearly identified using evidence grades.

Link through to the detailed Clinical Evidence article on benefits and harms of treatment options

Clinical Evidence incorporated

The screenshot displays the Best Practice website interface for 'Metastatic breast cancer'. The page is organized into several columns: Highlights, Basics, Prevention, Diagnosis, Treatment, Follow Up, and Resources. The 'Evidence' section is highlighted with a blue dot and a line pointing to the text 'Link through to the detailed Clinical Evidence article on benefits and harms of treatment options'. Below the main content, there is a section for 'Related systematic reviews: Questions' with a sub-section 'Intervention Table'. This table provides a clear summary of the current state of knowledge and effectiveness of treatment, with evidence grades and links to detailed articles.

Question	Evidence Grade	Summary
What are the effects of first line hormonal treatment?	Beneficial (3/3)	<ul style="list-style-type: none"><li>• Antioestrogens (tamoxifen)</li><li>• First line hormonal treatment with antioestrogens (tamoxifen) or progestins versus non-taxane combination chemotherapy</li><li>• Selective aromatase inhibitors in postmenopausal women</li></ul>
	Likely to be beneficial (2/3)	<ul style="list-style-type: none"><li>• Combined gonadorelin analogues plus tamoxifen in premenopausal women</li></ul>
	Trade off between benefits and harms (2/1)	<ul style="list-style-type: none"><li>• Ovarian ablation in premenopausal women</li><li>• Progestins</li></ul>

Clear summary of the current state of knowledge and effectiveness of treatment

# Customisation features

Best Practice contains additional features which allow you to personalise our content to fit your requirements.

Headings and navigation available in 17 languages

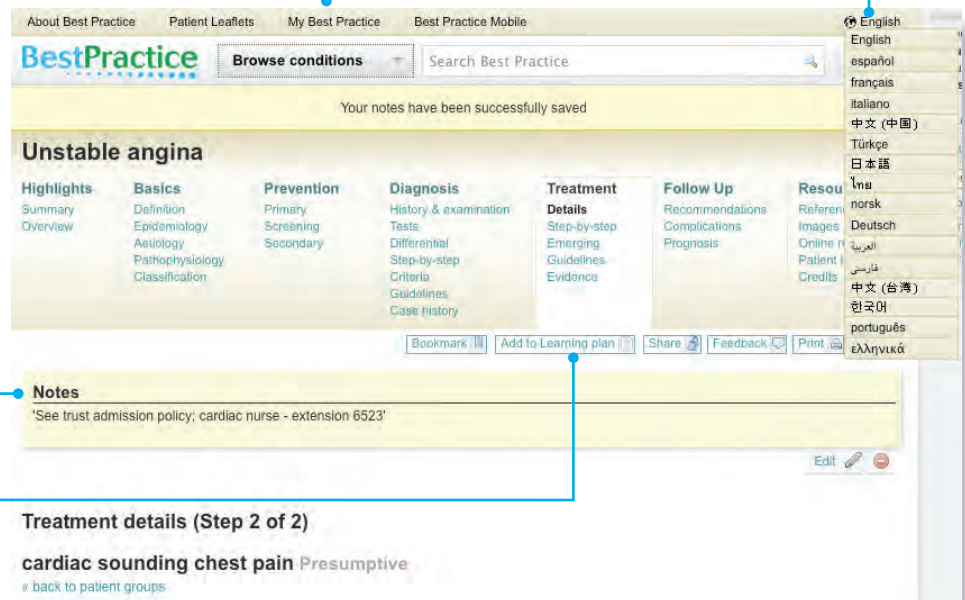
Sign up for a 'My Best Practice' account (or use an existing BMJ Group account) to enable personalised features

'My Best Practice' enables you to save searches and bookmark favourite articles

Institutions can choose to incorporate their chosen local guidelines and links

Annotate pages with personal notes

Save pages to your BMJ Learning Plan and Record



*Best Practice* can be accessed via any internet-enabled mobile phone, PDA or handheld device.

Institutional end-users can also set up a personal 'roaming' account to access their institution's subscription remotely when off site.

- Roaming and mobile access are included within an institutional subscription at no extra charge
- Individuals wishing to access *Best Practice* remotely or via mobile should log into 'My *Best Practice*' while on site, to connect their personal account to the institutional subscription
- For mobile access simply visit [bp.bmjgroup.mobi](http://bp.bmjgroup.mobi) and sign in using your 'My *Best Practice*' username and password



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w: [evidencecentre.bmj.com](http://evidencecentre.bmj.com)

e: [support@bmjgroup.com](mailto:support@bmjgroup.com)

t: +44 (0) 20 7383 6270

## BMJ Evidence Centre

BMJ Publishing Group Ltd,  
BMA House, Tavistock Square,  
London WC1H 9JR, UK