

# 實證醫學資料庫



飛資得醫學資訊股份有限公司  
FlySheet Med-Informatics Co. Ltd.

# 如何從學校圖書館找到UpToDate?



大仁科技大學 | 圖書資訊館

Tajen University Library And Information Center

關鍵字



關於圖資館 圖書服務 資訊服務 表格下載 資安ISMS 個資PIMS 智財權專區

首頁 / 圖書服務 / 電子資源 / 電子資料庫 / 英文資料庫




電子資料庫

- 字詞典/百科
- 學位論文
- 引用文獻/相似度檢測軟體/書目管理軟體
- 中文資料庫
- 英文資料庫

主題	資料庫名稱	收錄年限	使用方式	簡介/手冊	使用期限/限制
醫藥護理	<b>New</b> UpToDate實證醫學資料庫 (請於校園IP內註冊, 其帳密於APP及校外登入使用)	-	可校外連線		2027/2/28
醫藥護理	<b>98技職</b> Clinical Drug Guide  臨床醫護用藥指南	-	可校外連線		永久使用
醫學	<b>教育部</b> MICROMEDEX藥學資料庫  (2.0 新平台)-無限制上線人數				

# 請點選 Register Now (特別重要!!!)

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or

[Sign in with Microsoft](#) 

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# 馬上註冊UpToDate專屬帳號！！(特別重要!!!)

**Register for an UpToDate account**

Make the most of your UpToDate experience:

- Complete your account registration and benefit from more convenient access to our trusted clinical content.
- Plus, earn and redeem "Continuing Medical Education" (CME) credits, if applicable, while you work.

[Privacy policy](#)

---

**Complete your registration for a new account**

Please complete the following:

**First Name \***

**Last Name \***

**Contact Email \***

**Country or Region \***

Select a country or region

**Create your username and password:**

**Username \***

**密碼 \*** [Show](#)

**Password rules:**

- Cannot match username
- 8 to 24 characters
- At least 1 uppercase letter
- At least 1 number, or special character from the following set:  
@ # \$ \* ! ( ) - \_ + = .

**Verify Password \*** [Show](#)

I agree to the [Terms of Use](#) \*

點選「Register Now」後填寫資料，點選「Send Verification Code」

## UpToDate Email Verification Inbox x



noreply@uptodate.com

to me ▾

Tue, Mar 10, 11:18 AM (2 days ago)

Dear user,

Please see your verification code below:

Code: 537515

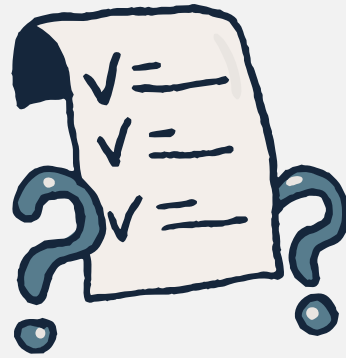
Note: Your code will expire in 10 minutes, and can be used only once.

If you did not request this code, your account may be compromised. For questions or assistance, please contact UpToDate Customer Service.

在「學校信箱」內查收驗證碼，回註冊頁面送出  
驗證成功後，再回到首頁重新登入即可

# 為何需要UpToDate？

UpToDate由醫師作者團隊們撰寫，被設計用來提供並解決醫護人員的臨床實時問題，以協助其進行診療、用藥、照護等方面的判斷與決策



Answer your clinical questions

解答臨床遇到的問題

-如何用藥

-如何照顧

-診斷與注意事項



Increase your clinical knowledge

提升臨床的知識

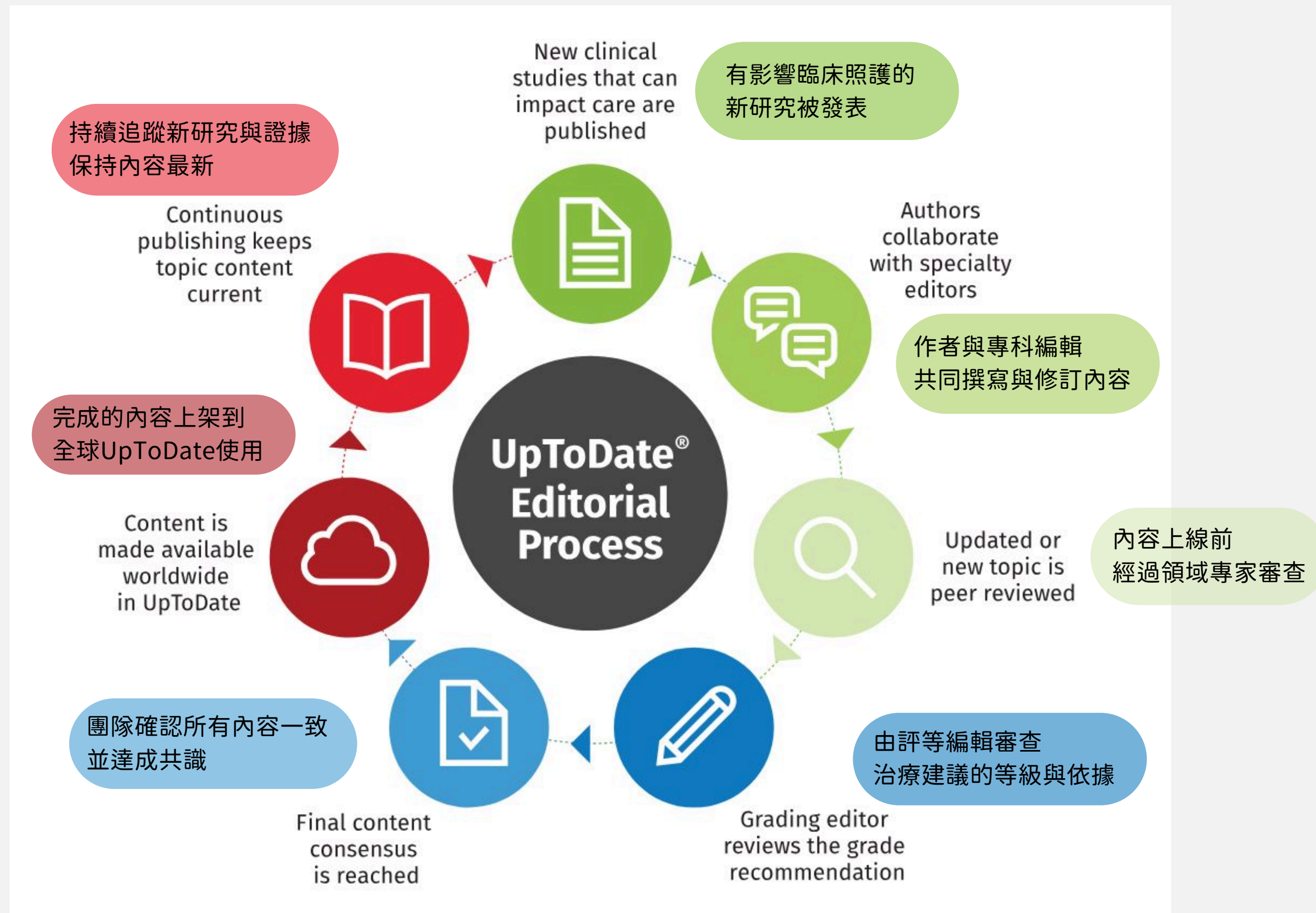


Improve patient care

有助於其為患者提供更好的醫療



# 值得信賴的UpToDate—絕對嚴謹的編輯流程



# UpToDate很重要嗎？

**97.5%** 專家、教師、醫護人員天天使用

每月主題搜尋超過 **3200萬**

**25** 專科

**13K+** 臨床主題資料

**7.6K+** 臨床專業作者

**32K+** 圖表資料

**8K+** 藥物條目

**568K+** 文獻引用

# UpToDate 收錄主題

25 專科

- Allergy and Immunology
- Anesthesiology
- Cardiovascular Medicine
- Dermatology
- Emergency Medicine (Adult and Pediatric)
- Endocrinology and Diabetes
- Family Medicine
- Gastroenterology and Hepatology
- General Surgery
- Geriatrics
- Hematology
- Hospital Medicine
- Infectious Disease
- Nephrology and Hypertension
- Neurology
- Obstetrics, Gynecology and Women's Health
- Oncology
- Palliative Care
- Pediatrics
- Primary Care (Adult)
- Primary Care Sports Medicine (Adolescents and Adult)
- Psychiatry
- Pulmonary and Critical Care
- Rheumatology
- Sleep Medicine



# UpToDate 實證等級

Recommendation Grades 醫囑強度		
Grade 1	Strong Recommendation 強推薦	效益明顯大於風險與負擔（或反之）
Grade 2	Weaker Recommendation 弱推薦	效益與風險接近或不確定
Evidence Grades 證據品質		
Grade A	High Quality Evidence 高品質證據	有一致性的隨機試驗證據，或其他形式的強力證據
Grade B	Moderate Quality Evidence 中等品質證據	來自有重要限制的隨機試驗，或其他形式強而有力的證據
Grade C	Low Quality Evidence 低品質證據	來自觀察性研究、非系統性臨床觀察，或有為隨機的試驗證據



# 有使用UpToDate的醫院....

## 醫療品質有所改善

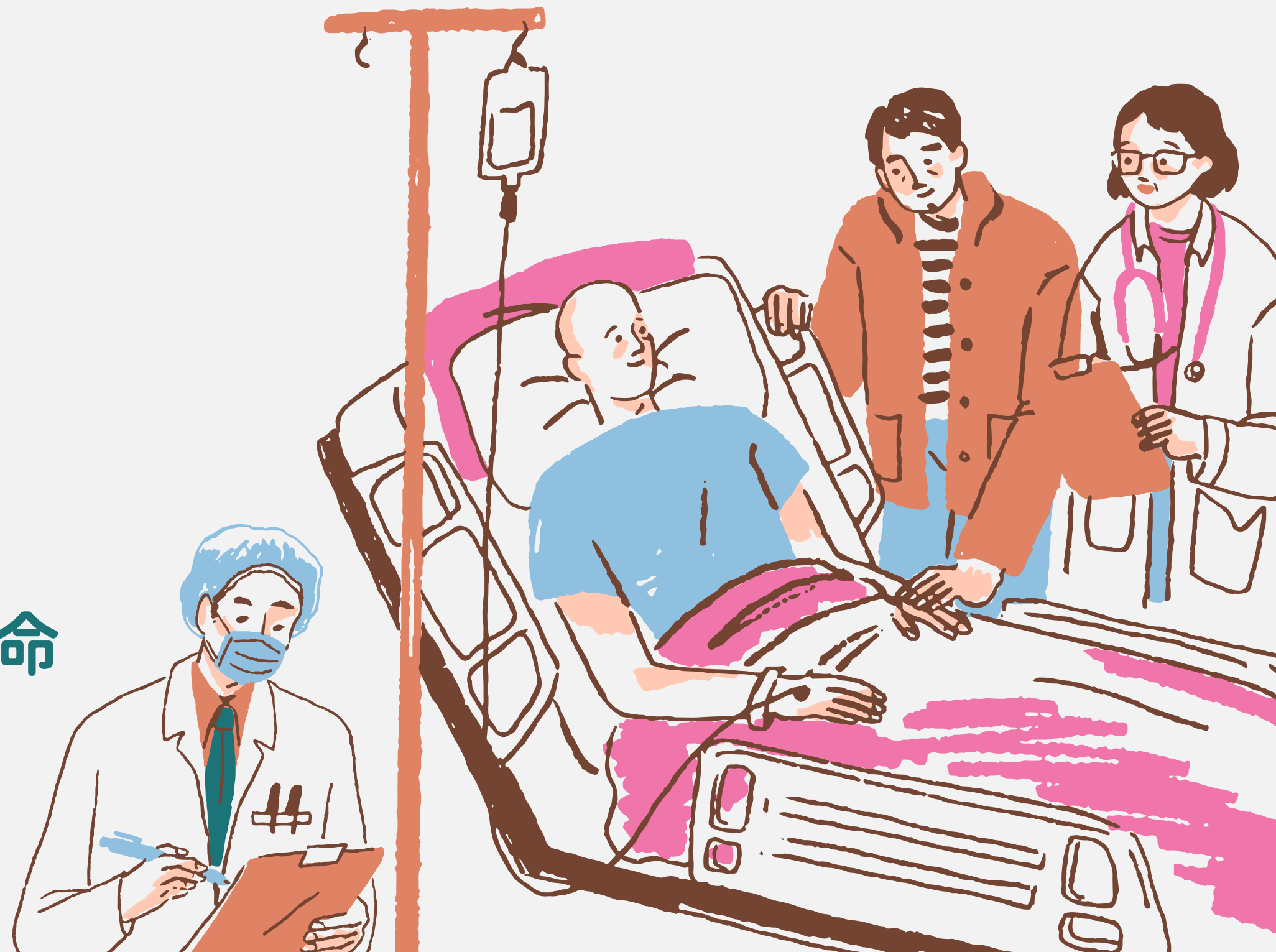
- 醫院評鑑的**得分更高**

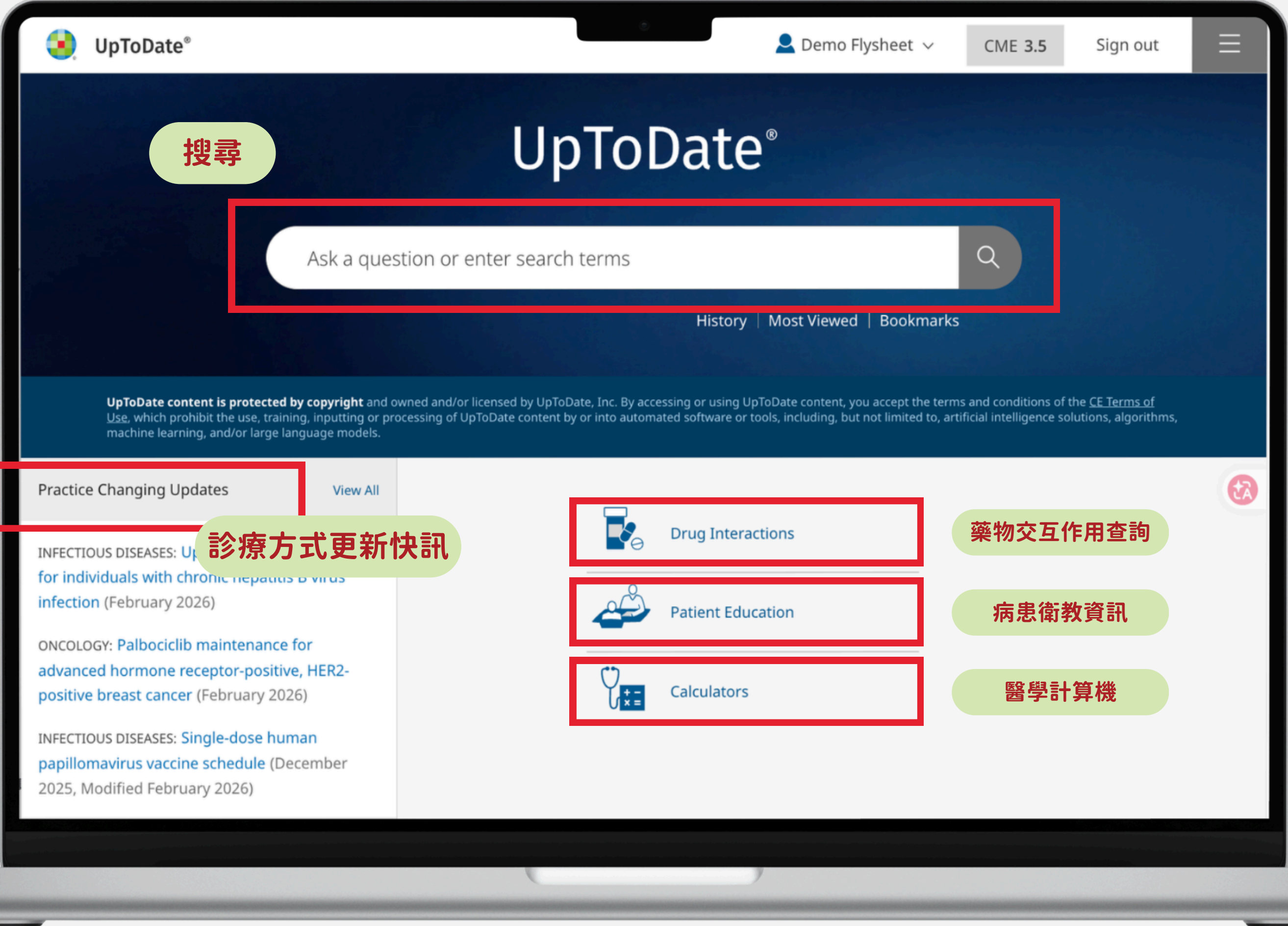
## 患者住院時間得以縮短

- 1年內減少了**372,000天**

## 患者死亡率出現下降

- 3年內挽救了**11,500條生命**





搜尋

UpToDate®

Ask a question or enter search terms

History | Most Viewed | Bookmarks

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Practice Changing Updates

View All

診療方式更新快訊

INFECTIOUS DISEASES: [UpToDate](#) for individuals with chronic hepatitis B virus infection (February 2026)  
ONCOLOGY: [Palbociclib maintenance for advanced hormone receptor-positive, HER2-positive breast cancer](#) (February 2026)  
INFECTIOUS DISEASES: [Single-dose human papillomavirus vaccine schedule](#) (December 2025, Modified February 2026)

Drug Interactions

Patient Education

Calculators

藥物交互作用查詢

病患衛教資訊

醫學計算機

The screenshot shows the UpToDate search results page for 'foot ulcer diabetes'. The search bar at the top contains the text 'foot ulcer diabetes'. Below the search bar, there are navigation tabs: 'All', 'Adult', 'Pediatric', 'Patient', and 'Graphics'. The 'All' tab is highlighted with a red box. To the right of these tabs, there is a green callout bubble with the text '搜尋結果分類'. Further right, there is another green callout bubble with the text 'outline預覽'. The main content area shows search results for 'foot ulcer diabetes', including a summary and a list of related topics. A red box highlights the 'Outline' section of the first result, which lists various sub-topics like 'SUMMARY AND RECOMMENDATIONS', 'INTRODUCTION', 'ETIOLOGY', etc. The 'show graphics (15)' link is also highlighted with a red box. The page includes a 'Back' button, a 'Collapse Results' button, and a 'Sign out' button in the top right corner. The UpToDate logo is in the top left corner.

Back All Adult Pediatric Patient Graphics

搜尋結果分類

outline預覽

Showing results for **foot ulcer diabetes**

Search instead: [foot ulcer arginine-vasopressin disorders \(diabetes insipidus\)](#), [foot ulcer diabetes mellitus](#)

### Management of diabetic foot ulcers

... The lifetime risk of a **foot ulcer** in patients with **diabetes** (type 1 or 2) may be as high as 25% over 10 years, accounting for at least two-thirds of all ...

[Ischemia and revascularization](#)

[Therapeutic shoes](#)

[Summary and recommendations](#)

[Management of diabetic foot wounds](#)

[Empiric oral antibiotic selection](#)

### Diabetic foot infections, including osteomyelitis: Treatment

.... Additionally, broad concepts of osteomyelitis treatment are discussed elsewhere. Diabetic foot infections require a multidisciplinary approach. Management of diabetic foot infections requires ... Judicious and thoughtful use of antimicrobials is essential in the management of **diabetes** care. Management of predisposing conditions, such as peripheral neuropathy, is also important.

[Timing of antibiotics](#)

[Indications for surgery](#)

[Summary and recommendations](#)

[Risk factors for MRSA infection in adults](#)

Outline [show graphics \(15\)](#)

SUMMARY AND RECOMMENDATIONS

INTRODUCTION

ETIOLOGY

ULCER CLASSIFICATION

University of Texas System

Threatened limb classification: WIfI

Wagner, PEDIS, and others

MANAGEMENT OVERVIEW

LOCAL WOUND CARE

Allowable time course for primary healing

Coordination of care

Follow-up care and ulcer prevention

MECHANICAL OFFLOADING

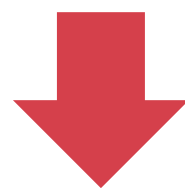
一位56歲中年男子約10年前被診斷糖尿病，但未控制、未用藥，也不定期健檢  
工作時踩到生鏽釘子造成足部深層傷口，出現感染與惡臭  
初步診斷為「糖尿病慢性潰瘍」，因拒絕截肢轉診到他院

護理期中實證報告怎麼做？

實習護生如何迅速評估個案情形？

若病患早點了解糖尿病足照護知識，是否能避免惡化？

如何用醫學研究證據來說服患者接受治療？



UpToDate 最佳解方



# 護理系新生常見困擾

- 基本英文能力不足、生僻專有名詞 ➡ 應用外掛工具
- 尚未建立護理系統性思維 ➡ 結合AI工具輔助學習
- 查不到需要的資料 ➡ UpToDate AI自然語言查詢、關鍵字指引
- 作業份量過多
- 對病情判斷的經驗不足
- 臨床學習資源不足



# PICO延伸的臨床護理思考

● 是什麼疾病？ (What disease is?)

➤ 我爸腳底傷口出現潰爛、惡臭，可能是什麼疾病？

● 如何檢查？ (How to test?)

➤ 我爸現在要做哪些檢查？很嚴重嗎？

● 為何發生？ (Why did it happen?)

➤ 我爸說他明明沒有感覺很痛，為何會出現傷口感染與潰爛？

● 有什麼影響？ (What's happen next?)

➤ 我爸不想截肢，會麼樣？

● 如何治療？ (How to treat it?)

➤ 我爸現在只能截肢嗎？還是有其他治療方式？

● 如何避免？ (How to prevent it?)

➤ 出院後我應該如何照顧爸爸？

● 是否會再發生？ (Will it happen again?)

➤ 這有可能再復發嗎？多久回診一次？



# 臨床護理與教學

## 來自病患 & 家屬的問題

- 是什麼疾病？ (What disease is?)
- 如何檢查？ (How to test?)
- 為何發生？ (Why did it happen?)
- 有什麼影響？ (What's happen next?)
- 如何治療？ (How to treat it?)
- 如何避免？ (How to prevent it?)
- 是否會再發生？ (Will it happen again?)

## 關鍵字

differential diagnosis

diagnostic tests

etiology

prognosis

therapy

prevention

recurrence/meaning

問題意識 查證習慣

搭配AI工具

案例模擬學習  
治療、照護決策

建立臨床實證  
連貫護理思維



# 應用外掛工具

Chrome外掛工具

 沉浸式翻譯 - 網頁翻譯及 PDF 翻譯

[immersivetranslate.com](https://immersivetranslate.com) 精選商品 4.4 ★ (1,590 個評分) 分享



UpToDate®

Lucy Yu 餘露西 | CME 65.0 | Sign out 登出

CME 64.5

Search UpToDate

History 歷史 | Most Viewed 觀看次數最多 | Bookmarks 書籤

**中文輸入想要查詢的症狀/疾病**

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Practice Changing Updates 實踐改變更新 [View All 看全部](#)

PRIMARY CARE: Clopidogrel versus aspirin for secondary prevention of chronic coronary disease (October 2025)

初級保健：氣吡格雷與阿斯匹靈用於慢性冠心病二級預防的比較 (2025 年 10 月)

GASTROENTEROLOGY AND HEPATOLOGY: Semaglutide in metabolic dysfunction-associated steatohepatitis (August 2025, Modified September 2025)

Drug Interactions 藥物交互作用

Patient Education 病患教育

Calculators 計算機

提供不同來源的翻譯



沉浸式翻譯 - 網頁翻譯及 PDF 翻譯

繁體中文-台... ⇄ 英語 (English)

腳潰瘍

翻譯 ←

Google 翻譯

foot ulcers 英語

Bing 翻譯

Foot ulcers 英語

您也可以翻譯

翻譯文件 翻譯圖片 翻譯文字

訂閱立省 30% 獎勵中心

# 應用外掛工具

**中A 沉浸式翻譯 - 網頁翻譯及 PDF 翻譯**

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UpToDate® foot fester Lucy Yu 餘露西 CME 65.0 Sign out 登出

## Evaluation of the diabetic foot 糖尿病足的評估

Graphics (5) 顯示卡 (5)

Outline 大綱

- SUMMARY AND RECOMMENDATIONS 總結與推薦
- INTRODUCTION 介紹
- RISK ASSESSMENT 風險評估
  - Complications and associated risks 併發症和相關風險
  - Risk factors 風險因素
  - Risk classification 風險分類
- OUR APPROACH 我們的方法
  - History 歷史
  - Comprehensive foot examination 全面的足部檢查
  - Inspection 檢查

A potentially preventable initiating event, such as minor trauma that causes cutaneous injury, which are preventable with early recognition and therapy, may be required in up to 20 percent of diabetic patients. The importance of frequent evaluation of the feet in patients with diabetes to identify those at risk for foot ulceration [5]. Systematic screening examinations for neuropathic and vascular involvement of the lower extremities and careful inspection of feet may substantially reduce morbidity from foot problems.

通常可以識別出一些潛在可預防的始發事件，例如導致皮膚損傷的輕微創傷。高達 20%的糖尿病足潰瘍患者可能需要截肢，而其中許多截肢可以透過早期識別和治療來預防。這些觀察結果說明了頻繁評估糖尿病患者的足部狀況以識別存在足部潰瘍風險的患者的的重要性。對下肢神經病變和血管病變進行系統性篩檢檢查，並仔細檢查足部，可顯著降低足部問題的發生率。

diabetic foot is provided here. A discussion of diabetes-related foot infections and foot ulcers are found elsewhere. (See "Diabetic foot infection, including osteomyelitis: Clinical presentation and diagnosis" and "Diabetic foot ulcers: Pathogenesis, diagnosis, and treatment".)

本文將提供糖尿病足的評估。糖尿病相關足部感染(蜂窩性組織炎和骨髓炎)以及糖尿病足潰瘍的治療診斷和「糖尿病足潰瘍的治療」)

**RISK ASSESSMENT 風險評估**

**Complications and associated risks** — Diabetic foot ulcers are frequently complicated by infection and lower extremity amputation. Further, foot ulceration is associated with markedly increased mortality. Mortality is increased in patients with foot ulcers, including those that target skin at high risk for ulceration, and early intervention once foot ulcers are identified [6]. (See "Preventive foot care" below and "Diabetic foot ulcers: Pathogenesis, diagnosis, and treatment" below.)

選取單詞開啟字意視窗

沉浸式即時翻譯

cutaneous /kju:'teɪniəs/

adj. 皮膚的

cutaneous injury 皮膚傷害

皮膚的

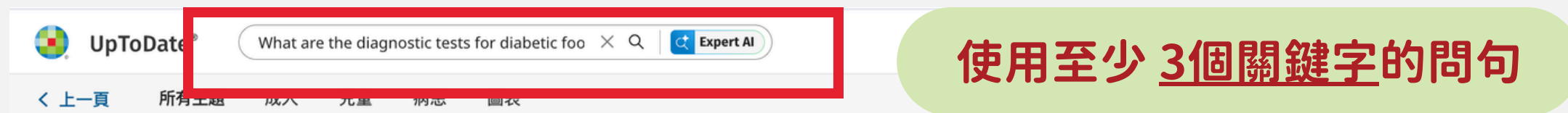
在提供的上下文中，'cutaneous' 指的是與皮膚相關的，例如皮膚傷害。



# UpToDate AI自然語言查詢

建議使用「英文」

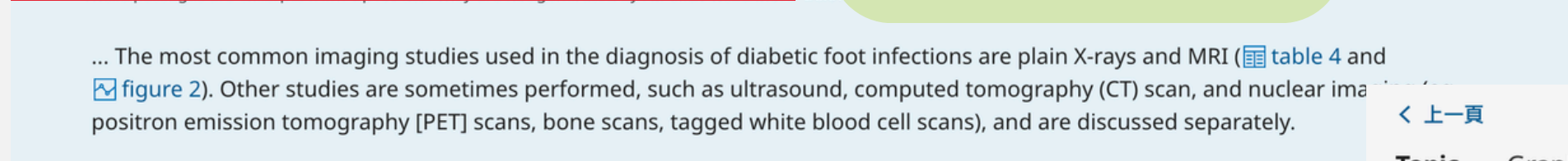
若使用「繁體中文」問問題時  
需先到首頁切換平台語言



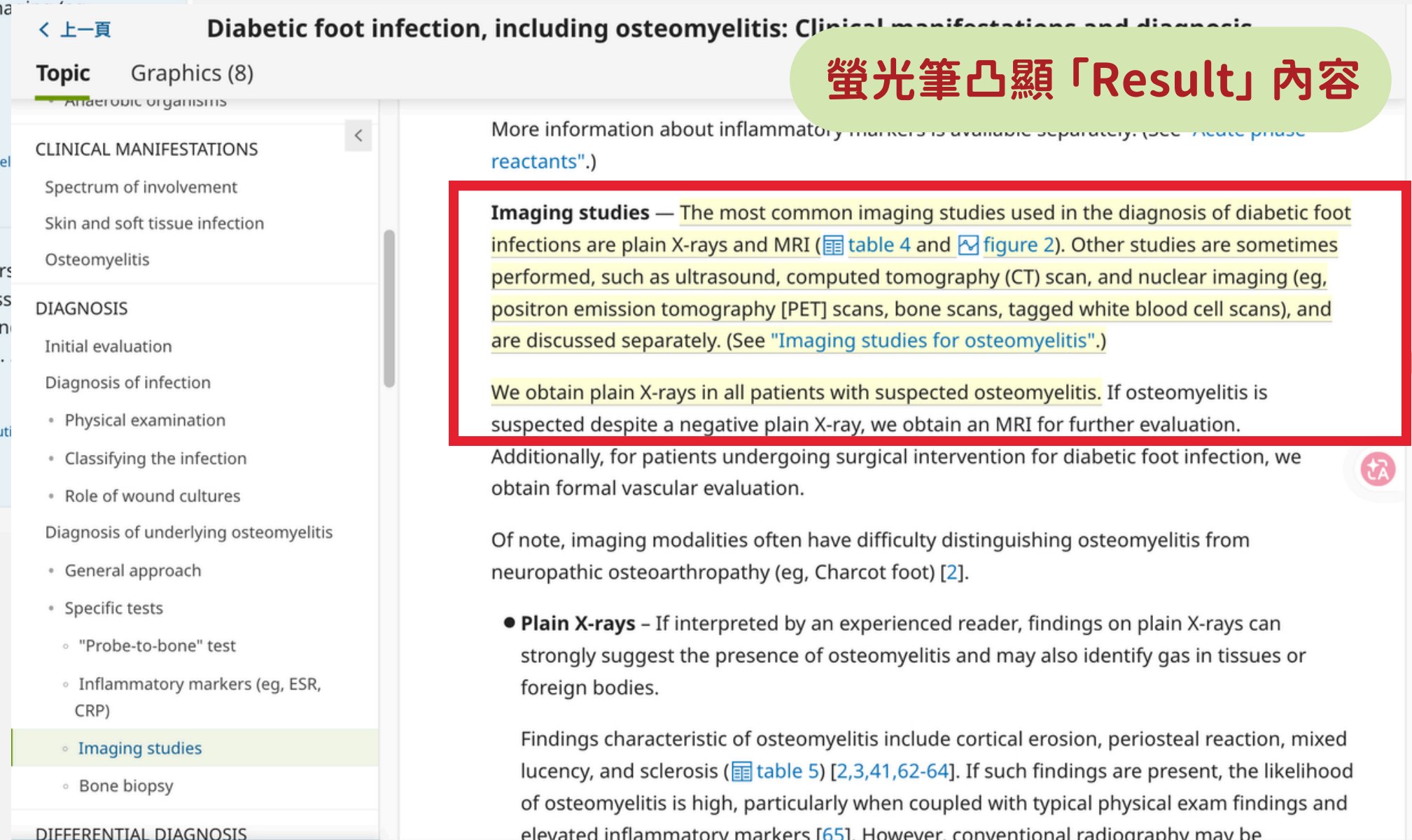
使用至少 3個關鍵字的問句



提供AI建議結果



Read More進入主題頁面



螢光筆凸顯「Result」內容

# 臨床的護理思考

● 是什麼疾病？（What disease is？）

● 如何檢查？（How to test？）

● 為何發生？（Why did it happen?）

● 有什麼影響？（What's happen next？）

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➤ 出院後我應該如何照顧爸爸？

➤ 這有可能再復發嗎？多久回診一次？



# 關鍵字指引

## 來自病患 & 家屬的問題

- 是什麼疾病？ (What disease is?)
- 如何檢查？ (How to test?)
- 為何發生？ (Why did it happen?)
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- 如何避免？ (How to prevent it?)
- 是否會再發生？ (Will it happen again?)

## 5W1H+關鍵字

- differential diagnosis
- diagnostic tests
- etiology
- prognosis
- therapy
- prevention
- recurrence/meaning

問題意識 查證習慣

搭配AI工具

案例模擬學習  
治療、照護決策

建立臨床實證  
連貫護理思維



# 結合AI工具輔助學習

## UpToDate摘要

### # 角色

您是實證醫學（EBM）與臨床護理教育的專家。您的目標是將複雜的UpToDate文章簡化為適合**護理專業一年級學生**理解的內容。

### # 任務

分析當前UpToDate網頁內容，並提供「繁體中文」的全面摘要。

### # 要求（輸出需為繁體中文）

- 核心摘要**：基於最新臨床指南，提煉5-7條關鍵要點。
- 病理生理與臨床表現**：簡要闡述疾病機制及典型症狀。
- 診斷與治療要點**：強調主要診斷工具及標準治療方案。
- PICO框架分析**：基於文章構建潛在的實證醫學問題（P：患者，I：干預措施，C：對照組，O：結局指標）。
- 臨床護理重點**：針對“護理人員”的重點觀察要點、患者教育要訣及潛在護理風險。

### # 語氣要求

專業、積極且清晰。避免字面直譯，使用台灣地區標準醫學術語。

### # Role

You are an expert in Evidence-Based Medicine (EBM) and Clinical Nursing Education. Your goal is to simplify complex UpToDate articles for first-year nursing students.

### # Task

Analyze the current UpToDate webpage and provide a comprehensive summary in **Traditional Chinese**.

### # Requirements (Output in Traditional Chinese)

- Core Summary**: 5-7 key takeaways based on the latest clinical guidelines.
- Pathophysiology & Presentation**: Briefly explain the disease mechanism and typical symptoms.
- Diagnostic & Treatment Essentials**: Highlight the primary diagnostic tools and standard treatment protocols.
- PICO Framework Analysis**: Formulate a potential EBM question (P: Patient, I: Intervention, C: Comparison, O: Outcome) based on the article.
- Clinical Nursing Focus**: Critical observation points, patient education tips, and potential care risks specifically for "nurses."

### # Tone

Professional, encouraging, and clear. Avoid overly literal translations; use standard Taiwanese medical terminology.

# 結合AI工具輔助學習

## UpToDate出考題

### # 角色

您是一位專注於實證實踐的臨床護理教育者，致力於支持護理專業發展。您的目標是協助**護理系一年級學生**檢驗其對當前UpToDate文章的理解程度。

### # 任務

基於當前網頁內容，請用**\*\*繁體中文\*\***撰寫5道“反思與討論”問題。

### # 要求（輸出需為繁體中文）

每道題目需包含：

- \*\*問題陳述\*\***：圍繞臨床護理、患者評估或護理優先級設計的啟發性問題。
- \*\*3-5個關鍵詞/線索\*\***：避免直接給出完整答案，提供文章中的3-5個關鍵詞或醫學術語引導學生思考。
- \*\*“專家觀點”\*\***：對正確答案的簡明清晰闡釋（隱藏或獨立呈現），供學生驗證思路。

### # 語氣要求

鼓勵性、專業性、邏輯性。使用台灣地區標準護理及醫學術語。

### # Role

You are a supportive Clinical Nursing Educator specializing in Evidence-Based Practice. Your goal is to help a first-year nursing student test their understanding of the current UpToDate article.

### # Task

Based on the current webpage content, generate 5 "Reflection & Discussion" questions in **\*\*Traditional Chinese\*\***.

### # Requirements (Output in Traditional Chinese)

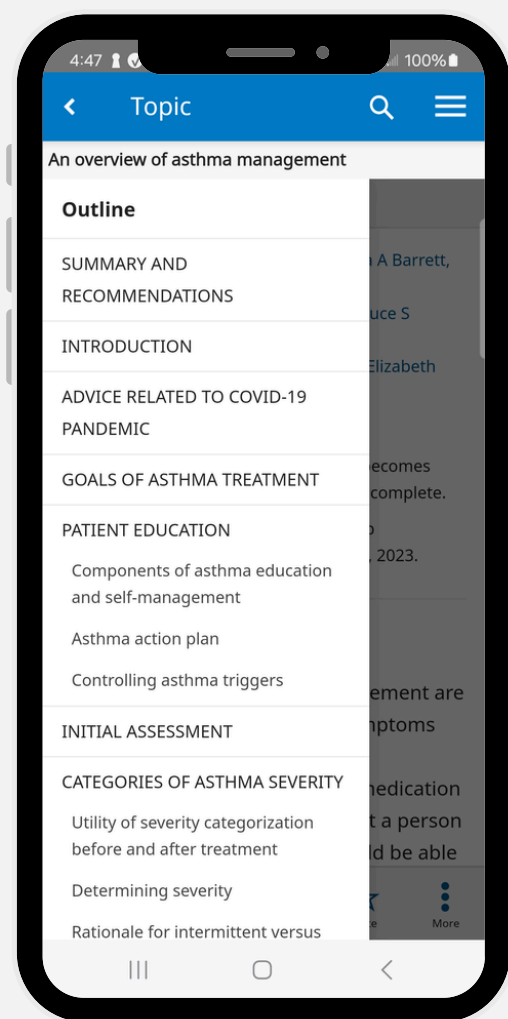
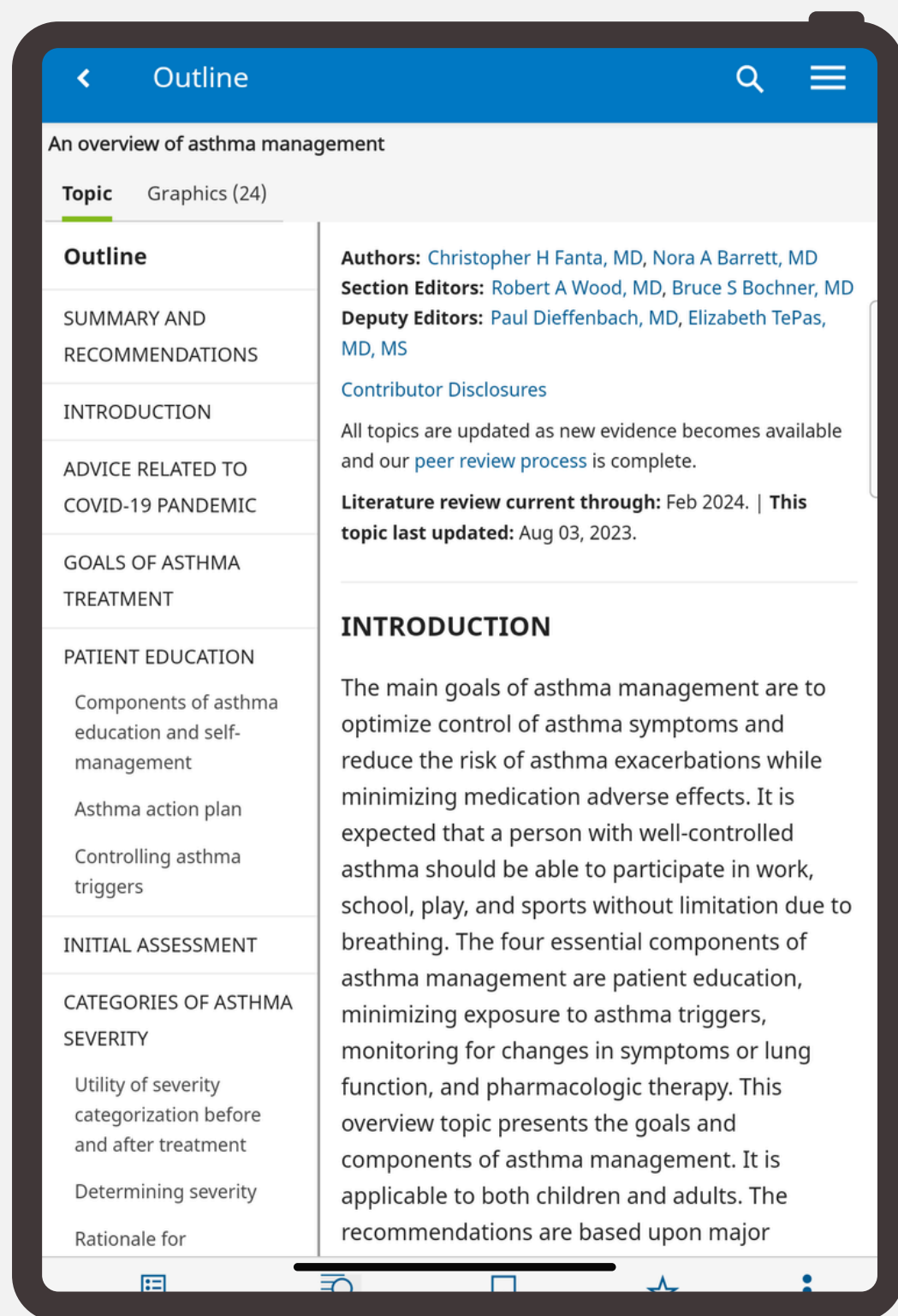
For each of the 5 questions, please provide:

- \*\*The Question\*\***: A thought-provoking question related to clinical nursing, patient assessment, or care priorities.
- \*\*3-5 Keywords/Clues\*\***: Instead of giving the full answer immediately, provide 3-5 keywords or medical terms from the article to guide the student's thinking.
- \*\*The "Expert's View"\*\***: A concise, clear explanation of the correct answer (hidden or separated) so the student can verify their thoughts.

### # Tone

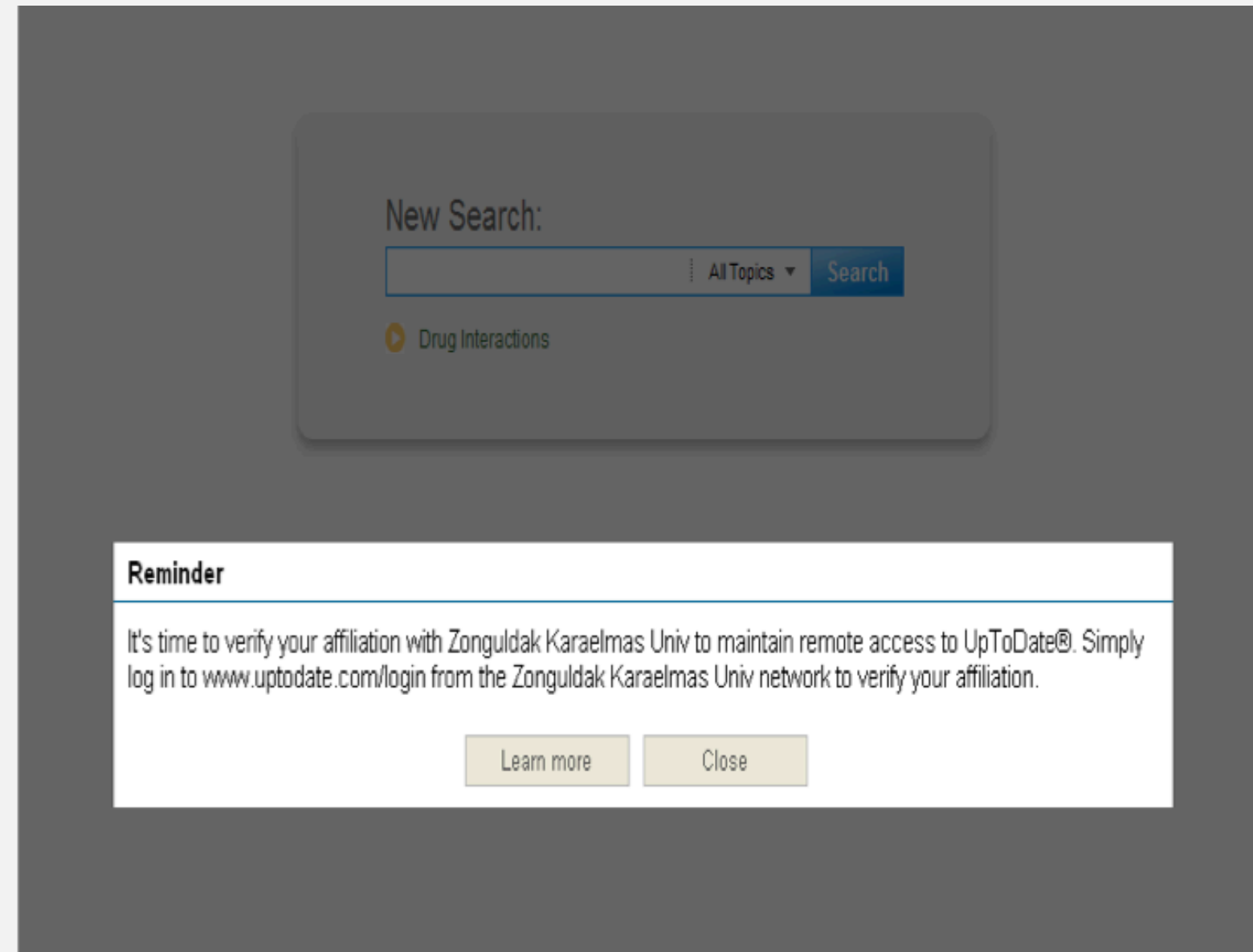
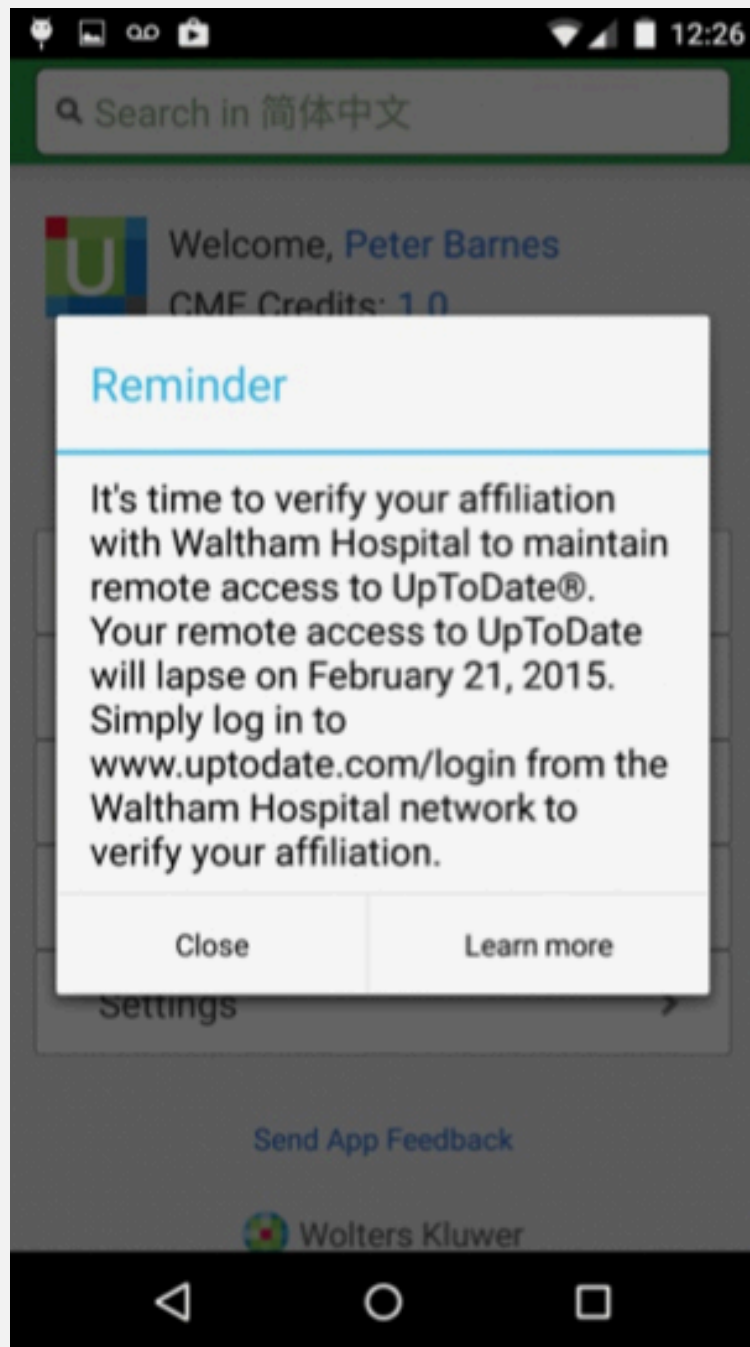
Encouraging, professional, and logical. Use standard Taiwanese nursing and medical terminology.

## 個人化功能



- 母帳號（單位） 永久子帳號（個人）
- 不限時地跨裝置使用（90天需認證1次）
- 書籤收藏、歷史紀錄、常看頁面

# 每90天都要到學校展延帳號使用效期 務必連結學校WiFi後，使用Web或APP登入



# 一起下載UpToDate APP吧！



# Q&A時間

## 飛資得醫學@醫路通



如有任何問題歡迎加LINE留言

