The Knowledge Network: Evidence summaries: BMJ Best Practice

# Presented by NES Knowledge Services team

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Welcome to our short video about the evidence summary product BMJ Best Practice. You can find BMJ Best Practice on The Knowledge Network by clicking the ‘explore evidence summaries’ button on the home page

Here you will find more information about evidence summary products available through The Knowledge Network and links to mobile app versions. Click ‘Access BMJ Best Practice’.

Before we go on we should highlight that this resource does not replace local policy practice or clinical judgement. It is a tool to be used in conjunction with your clinical experience.

A little bit about BMJ Best Practice. BMJ Best Practice is a well-recognised resource and backed by the British Medical Journal. It is UK based and allows you to track CPD. there is an app that you can download for offline access this is available with the same OpenAthens details we will use to access the web version.

You would need a personal account for BMJ Best Practice to track your CPD

The resource itself is clinically based and coverage is developing year on year.

When you click on the link to BMJ Best Practice…

You will be prompted to sign in with OpenAthens. this is what gets you your free access to BMJ Best Practice. if you don’t have an account already you can set this up by signing in with your NHSS email address and password.

If you already have an NHS Scotland OpenAthens account click on the first option to connect your NHSScotland email address.

If you do not have an NHS Scotland email address and password you would need to use the OpenAthens section and enter your efs account login details .

This is what BMJ Best Practice looks like.

You will see a button prompting you to ‘complete your profile’ on BMJ Best Practice. This would allow you to set up a personal account for the tool. I am already logged in with my NHS Scotland OpenAthens and you can see that if I scroll down you will see a notification saying that Access is provided by NHS Education for Scotland.

If you want to set up a personal account you would complete this and then you will have that personal account for tracking your CPD

A few things to highlight on the home page of BMJ Best Practice:

The What’s new section will let you about any clinical updates, news or you can access their podcast.

You can Search by specialty.

There are a range of medical calculators available.

Patient leaflets are available in some areas. You would need to check the accuracy of the information and that it’s telling the person you’re giving it to the right thing.

And the About us button tells you a bit more about BMJ Best Practice and also directs you to their evidence and updating process.

But most people when they’re looking for something will just type into the search box. We’re going to search for dementia.

(video transcript: typing ‘dementia’ into search box)

You will see that it auto suggests topics and if you choose one of those it will take you straight through to that topic.

If you don’t then it will take you to an index page - a list of search results. You can narrow these down using the filters on the left hand side.

You will see most of these results have a similar format:

But depending on what it is, if it’s an overview or an assessment, it will have slightly different sections.

As you can see we have different types of dementia in our search results, I am going to choose Alzheimer’s disease.

Click on the title to open the topic page.

This is a typical view of what you will see about a particular topic and it takes you through from a summary page through the theory, diagnosis, management, follow-up and also gives you the backup resources.

If you wish to look at this as a PDF, click on the ‘View PDF’ option at top right. Note that you should check BMJ Best Practice for updates as these happen regularly and a PDF may go out of date.

If you scroll down to the summary, you’ll see here when it was last reviewed and when it was last updated.

At the bottom of the page it will tell you who has contributed to and reviewed the topic.

Return to the top of the page for all sections of the topic.

I’m going to click into the treatment algorithm

This takes you through the first, second- and third-line stages where applicable and all the things that you may wish to consider.

If we open the first line supportive treatment you’ll see that there are hyperlinked references. When I click on those, you’ll see that the reference information pops up There is also a list of references in the resources section at the end of very topic. you should be able to access most material through these links. So you can track where the information has come from and see exactly what research and evidence the recommendations are based on.

We can also see that any medications are hyperlinked and you can choose to find out more about those either from the BNF, BNF for children or Micromedex simply by clicking on these options.

The last thing you will see embedded within topic pages are links to Cochrane Library and a link to a BMJ Evidence Table. This explains that the evidence level is an internal rating applied by BMJ Best Practice based on their EBM (Evidence based medicine) toolkit. This assigns different letters depending on whether confidence in the evidence is high, moderate or low. So as well as telling you that there is evidence available they have also reviewed it to show you how reliable it is, saving you time doing this yourself.

That’s the basics of a topic page on BMJ Best Practice and you will find that they are all very similar in structure.

A quick mention of CPD tracking. Click the purple ‘Start tracking CME/CPD credits’ at the top of BMJ Best Practice. This will ask you to set up or login with your BMJ personal account. Remember this is separate from your NHS Scotland OpenAthens which is all you need for free access to the BMJ Best Practice content.

When signed in with your personal account You will see the purple button now says ‘Claim CME/CPD credits’. When you are signed in with your personal account, all the time you spend reading topics and finding clinical answers is automatically logged and converted into credits. BMJ Best Practice give you 0.25 credits for every 15 mins spent on the website and app. You can then add impact and reflections and save these as certificates.

That is the basic functionality of BMJ Best Practice. You can go to the BMJ Best Practice website and find out more in depth and other help. But the best thing you can do is go and have a look for a condition that you’re interested in and investigate further. We hope this has been helpful.

# Links mentioned (Further information)

[The Knowledge Network](https://www.knowledge.scot.nhs.uk/)

[Explore evidence summaries](https://www.knowledge.scot.nhs.uk/library-resources/evidence-summaries/)

[BMJ Best Practice](https://knowledge.idm.oclc.org/login?url=https://bestpractice.bmj.com/)

[Knowledge Nuggets mailing list](https://mailchi.mp/nes/nuggets)

[Contact us](https://www.knowledge.scot.nhs.uk/about/contact-us/)

[@NESKnowledge](https://twitter.com/NESKnowledge)

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