

## Where to go for further information

Training sessions are available to all UHL and LPT staff free of charge for all our electronic resources. We also offer training on critical appraisal skills, writing for publication and health literacy awareness. We offer several types of session; scheduled sessions and sessions for individuals and groups as and when requested. For more details on training please contact us or visit our website: [www.uhl-library.nhs.uk/training](http://www.uhl-library.nhs.uk/training)

Information and guidance is available on other resources that we provide access to. Please contact the libraries or check out the library web pages [www.uhl-library.nhs.uk](http://www.uhl-library.nhs.uk) for more details.

### LRI Odames Library

Level 1  
Victoria Building,  
Royal Infirmary  
Infirmary Square  
Leicester. LE1 5WW

Tel: 0116 258 7515  
lri.library@uhl-tr.nhs.uk

### LGH Library

Education Centre  
General Hospital  
Gwendolen Road  
Leicester.  
LE5 4PW

Tel: 0116 258 8124  
leicslib@uhl-tr.nhs.uk

### Glenfield Library

Education Centre  
Glenfield Hospital  
Groby Road  
Leicester.  
LE3 9QP

Tel: 0116 256 3672  
ggh.library@uhl-tr.nhs.uk

### Staffed hours

GH & LRI Monday to Friday: 9.00am - 4.30pm  
LGH Monday: 9.00am - 1.00pm  
Tuesday: Unstaffed  
Wednesday to Friday: 10.00am - 3.00pm  
24-hour access is available at all three sites

[www.uhl-library.nhs.uk](http://www.uhl-library.nhs.uk)

## DynaMed

### What is DynaMed

DynaMed is a point of care resource which is designed to make evidence-based content available in the clinic or ward to assist clinical decision making. It is available to all UHL staff.

### Accessing DynaMed

DynaMed is available in 3 different ways:

- 1) From a UHL computer with no password required at all
- 2) From any other computer using a UHL Athens account
- 3) On an Apple or Android phone/tablet using an app



1) From a UHL computer, either click on this icon on your PC desktop or go to [uptodate.xuhl-tr.nhs.uk](http://uptodate.xuhl-tr.nhs.uk) in your internet browser. Then click on the 'Launch DynaMed' icon on the right-hand side of the page that opens.

**Launch DynaMed**

2) From a non-UHL computer, simply go to this address in your internet browser: [www.uhl-library.nhs.uk/dynamed](http://www.uhl-library.nhs.uk/dynamed)

Then enter your UHL Athens username & password to login.

NHS staff can register for an Athens account here:  
[www.uhl-library.nhs.uk/athens](http://www.uhl-library.nhs.uk/athens)

3) An app is available for Apple and Android phone/tablet users. You can get more information on the app and how to access to it here:  
[www.uhl-library.nhs.uk/resources\\_apps.html](http://www.uhl-library.nhs.uk/resources_apps.html)

## Using DynaMed

Type in your search term in the search box shown below. You don't even need to type the whole term, one or two words may well be enough.



A list of suggested topics will appear based on your search term. Simply click on one of the titles to go to the start of the topic.

SEARCH RESULTS

### Polycystic

ALL (187)    IMAGES (6)

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CONDITION

[Polycystic Ovary Syndrome](#)

PCOS is characterized by clinical and/or biochemical hyperandrogenism, ovulatory dysfunction, and polycystic ovarian morphology.

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CONDITION

[Autosomal Dominant Polycystic Kidney Disease \(ADPKD\)](#)

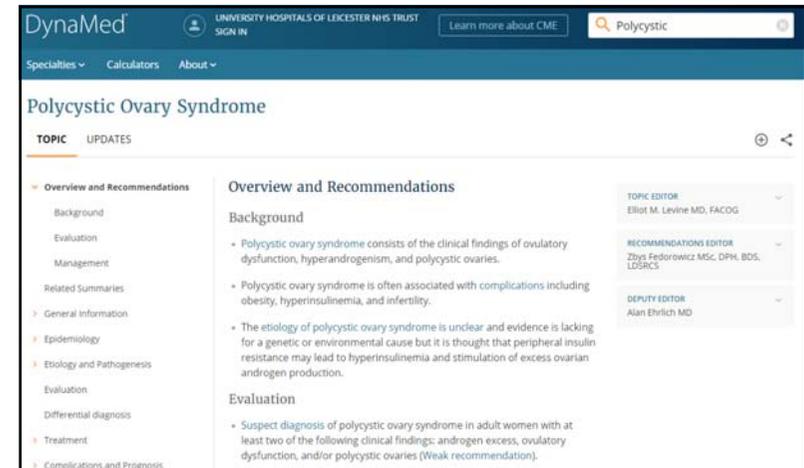
ADPKD is caused by mutations in PKD1 and PKD2 and is reported to account for 7%-10% of all end-stage renal disease worldwide.

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EVALUATION

[Evaluation of Polycystic Ovary Syndrome \(PCOS\)](#)

Down the left side of each topic you'll see the outline with the various sections listed. Click on a section to jump straight to it. Click on the > symbol to open a list of sub-sections. Select a section or sub-section to get more detailed information on aspects of the topic such as 'epidemiology' or 'diagnosis' or 'treatment'.



There is also an 'Updates' tab which allows you to see the latest changes to the topic. This helps if you refer to a topic regularly as you can see easily if anything has changed in it since your last visit.

### Polycystic Ovary Syndrome

TOPIC    **UPDATES**

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2 Aug 2019  
Lifestyle intervention may improve hirsutism and decrease body weight in women of reproductive age with polycystic ovary syndrome (Cochrane Database Syst Rev 2019 Mar 28)  
[View in topic](#)

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2 Aug 2019  
metformin initiated during first trimester might reduce risk of preterm delivery or late miscarriage but may not decrease gestational diabetes in women with PCOS with singleton pregnancy (Lancet Diabetes Endocrinol 2019 Apr)  
[View in topic](#)

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27 Feb 2019  
maternal overweight/obesity in early pregnancy, smoking, and PCOS status each associated with increased risk of PCOS in offspring (BJOG 2019 Jan)  
[View in topic](#)

### Other features of DynaMed

- Regularly updated evidence-based content with around 10,000 topics
- Levels of evidence (with definitions) given to show strength of recommendations
- Guidelines used listed by region, so UK guidelines easy to spot
- Auto-suggest features means typos when searching don't have to waste time
- Lots of images that can be used for non-commercial purposes
- Credit system to support professional development (CME)
- Create an optional personal DynaMed account to personalise your