

<http://bestpractice.bmj.com>

Best Practice 為決策輔助資源所樹立的全新概念，
以病患診察為架構核心，涵蓋診斷、預後、治療以及預防等資訊。

特色：

- 超過 10,000 筆完整的診斷資料
- 以病患診察為架構核心
- 對疾病評估、治療方法、檢驗程序提供完整建議
- 國際觀點，可依各地個別需求客製化
- 整合實証醫學資料庫-BMJ Clinical Evidence
- 可連結至 Martindale 參考用藥資訊
- 病患衛教單張

歡迎申請試用
請洽飛資得醫學資訊
台北 TEL:+886-2-2658-2223
FAX:+886-2-2658-2224
台中 TEL:+886-4-2233-3697
FAX:+886-4-2233-4872
高雄 TEL:+886-7-342-0718
FAX:+886-7-310-6617

Condition Monographs 針對廣泛的醫學病症提供完整詳細的處理指引

Type 2 diabetes in adults						
提示 總結 概述	基礎 定義 流行病學 病因學 病理生理學 分類	預防 初級 篩查 次級	診斷 病史及檢查 化驗 鑒別診斷 逐步 標準 指南 病史	治療 細節 逐步 發生 指南 證據	隨訪 建議 並發症 預後	資源 參考 圖像 在線資源 患者活頁 信譽

重點提示及疾病背景

提供疾病的資訊給年輕的醫師、醫學系學生，或是當面對特定不熟悉的疾病時，可提供給醫師做參考。

診斷及治療

提供臨床醫師詳細指引。從這些章節中一步一步的瞭解整個診斷治療的工作流程，也可連結至藥典資料庫、Clinical Evidence 的實証醫學資訊，及國際上相關實証的方針與指南

後續追蹤及相關資源

提供醫界從業人員所需有關於病患各種狀況及病後調養的資訊

Assessment of chronic cough

概述 總結 病因學	急診 急診考慮	診斷 逐步 鑒別診斷	資源 參考 圖像 在線資源 患者活頁 信譽
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Assessment 評估專刊

針對重要的臨床症狀提供
診斷的指引

標記為書籤 | Feedback

Differential diagnosis

Sort by: **common/uncommon** or **category**

Common show all

Upper airway cough syndrome (UACS)

History	Exam	1st test	Other tests
frequent throat clearing, postnasal drip, nasal discharge, nasal obstruction or sneezing typical, halitosis	mucopurulent secretions in the nasopharynx and oropharynx or cobblestone appearance of posterior oropharynx	<ul style="list-style-type: none"> therapeutic trial: response to empiric therapy More 	

鑑別診斷
讓臨床工作者可以鑑別出擁有特定症狀的疾病群，以及提供鑑別的診斷步驟

- ▶ **Asthma**
- ▶ **Gastro-oesophageal reflux disease (GORD)**
- ▶ **Non-asthmatic eosinophilic bronchitis (NAEB)**

使用 Best Practice – 在 30 秒內找到您要的答案

問題：

一位 56 歲患有糖尿病的老人，現在正在服用 lisinopril 來控制他的高血壓。今日他來做後續的追蹤，經測量他的血壓為 150/95，並不在控制範圍內。請問他的治療該做什麼修正？

步驟一：搜尋 Hypertension

The screenshot shows the Best Practice search results page for 'hypertension'. The search bar contains 'hypertension' and the results are categorized into '所有結果 (1132)', '狀況 (15)', '診斷 (305)', '治療 (317)', '證據 (116)', '患者活頁 (0)', and '指南 (23)'. The '治療' (Treatment) category is highlighted with a red dashed box and a red arrow pointing to the '治療細節' (Treatment details) link. A red circle with the number '1' is placed over the search bar, and another red circle with the number '2' is placed over the '治療細節' link.

This is a zoomed-in view of the search results for 'hypertension'. It shows three result cards: 'Hypertensive emergencies', 'Gestational hypertension', and 'Essential hypertension'. Each card has a '提示' (Alert) icon and a list of links: '提示 | 基礎 | 預防 | 診斷 | 治療 | 隨訪 | 資源'. A red dashed box highlights the 'Essential hypertension' card, and a red arrow points to the '治療細節' link in the previous screenshot.

Treatment details (Step 1 of 2)

Select your patient group and time frame :

- no co-morbidity (other than osteoporosis), non-pregnant: stage 1 HTN (BP 140 to 159/90 to 99 mmHg) Ongoing
- no co-morbidity (other than osteoporosis), non-pregnant: stage 1 not at goal with monotherapy or stage 2 (BP ≥160/100 mmHg) Ongoing
- concomitant CAD without CHF, non-pregnant: stage 1 HTN (BP 140 to 159/90 to 99 mmHg) Ongoing
- concomitant CAD without CHF, non-pregnant: stage 1 not at goal with monotherapy or stage 2 (BP ≥160/100 mmHg) Ongoing
- concomitant CHF with ejection fraction less than 55%, non-pregnant: NYHA Class I or II Ongoing
- concomitant CHF with ejection fraction less than 55%, non-pregnant: NYHA Class III or IV Ongoing
- concomitant LVH without CAD, non-pregnant Ongoing
- concomitant diabetes or chronic renal disease without cardiovascular disease, non-pregnant: stage 1 HTN (BP 140 to 159/90 to 99 mmHg) Ongoing

步驟二：選擇治療細節

This screenshot shows the 'Essential hypertension' search results page. The '治療' (Treatment) category is highlighted with a red dashed box and a red arrow pointing to the '治療細節' (Treatment details) link. A red circle with the number '3' is placed over the '治療細節' link.

步驟三：選擇病患群組，並回顧治療選擇

Treatment details (Step 2 of 2)

concomitant diabetes or chronic renal disease without cardiovascular disease, non-pregnant - stage 1 HTN (BP 140 to 159/90 to 99 mmHg) Ongoing

Select a treatment to see more

Treatment line	Treatment	show all
1st	ACE inhibitor/angiotensin-II receptor blocker monotherapy + lifestyle modification	
2nd	dihydropyridine CCB monotherapy + lifestyle modification	
2nd	thiazide monotherapy + lifestyle modification	
3rd	beta-blocker monotherapy + lifestyle modification	

Treatment details (Step 2 of 2)

concomitant diabetes or chronic renal disease without cardiovascular disease, non-pregnant - stage 1 HTN (BP 140 to 159/90 to 99 mmHg) Ongoing

Select a treatment to see more

Treatment line	Treatment	show all
1st	ACE inhibitor/angiotensin-II receptor blocker monotherapy + lifestyle modification • Coar DP is less than 130/90 mmHg. • The lowest dose should be titrated upwards until a therapeutic effect is achieved or a side-effect limits further titration.	

Primary Options

benazepril : 10-40 mg orally once daily

OR

captopril : 12.5 to 25 mg orally given 2-3 times daily initially, maximum 50 mg three times daily