

UpToDate Anywhere

を使ってみよう



東京医科大学図書館

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クリックすると
各項目に移動します



1. 概要

診療の現場で必要な臨床情報を
最新のエビデンスに基づき
まとめられた臨床意思決定支援ツール
病名でなく、症状から検索可能なデータベース



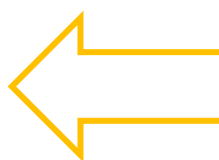
2. アクセス方法

①学内LAN環境下で利用

- ・ 医局や図書館に設置されているパソコン
- ・ 機器接続申請した自分のパソコン など

②[アカウント登録](#)して利用

- ・ 学外からも利用可能
- ・ アカウント作成は学内LAN環境下で
- ・ アカウントの認証期間は90日



登録しておけば
自宅や出張先でも
利用可能



リモートアクセスでは利用不可

東京医科大学図書館ホームページから <https://library.tokyo-med.ac.jp>

The screenshot shows the library's homepage with a navigation bar at the top. The 'データベース一覧' (Database List) link is highlighted with a yellow box. Below the navigation bar, the 'データベース一覧' section contains two notices about electronic resource usage and proxy settings. A table lists various databases. The 'UpToDate Anywhere (学内限定)' entry is highlighted with a yellow box, and a yellow arrow points from a text box labeled 'ここからアクセス' (Access from here) to it.

図書館からのお知らせ 利用案内 資料を探す **データベース一覧** お問い合わせ サポート

データベース一覧

★ 電子資料利用上の注意
▶ 詳細

★ 「プロキシの設定」は [こちら](#)
▶ 詳細

データベース名	詳 細
医中誌Web (学内限定) 学外利用：VPN接続（リモートアクセス）	国内医学文献の検索ができるデータベース ▶ 詳細
PubMed	医学・薬学・生物学分野の文献を検索できるデータベース ▶ 詳細
CINAHL Ultimate (学内限定) 学外利用：アカウント作成（EBSCO製品共通）	看護学・保健学全般に関する書誌検索のデータベース ▶ 詳細
UpToDate Anywhere (学内限定) 学外利用：アカウント作成	臨床支援 ▶ 詳細
Web of Science (学内限定)	重要学術雑誌から書誌情報・引用情報を収録

ここからアクセス

ポイント

The screenshot shows the UpToDate website. A red rectangle highlights the top navigation bar containing the Tokyo Medical University logo, a dropdown menu, and buttons for '登録' (Registration) and 'ログイン' (Login). A green speech bubble with the word 'ポイント' (Point) points to this area. A large yellow arrow points from a yellow-bordered box containing Japanese text to the search bar. The search bar contains the text 'UpToDateを検索する' (Search UpToDate). Below the search bar, there is a copyright notice and a list of medical updates. On the right side, there are icons and links for '薬物相互作用' (Drug Interactions), '患者向け情報' (Patient Information), '計算ツール' (Calculation Tools), and '腎機能別用量検索ツール' (Renal Function-based Dose Search Tool).

UpToDate®

Tokyo Medical University ▼ 登録 ログイン

UpToDate®

UpToDateを検索する

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診療変更に関する最新情報 View All

INFECTIOUS DISEASES: [Updated recommendations 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)

薬物相互作用

患者向け情報

計算ツール

腎機能別用量検索ツール

学内LANでアクセスの場合
本学名の表示あり

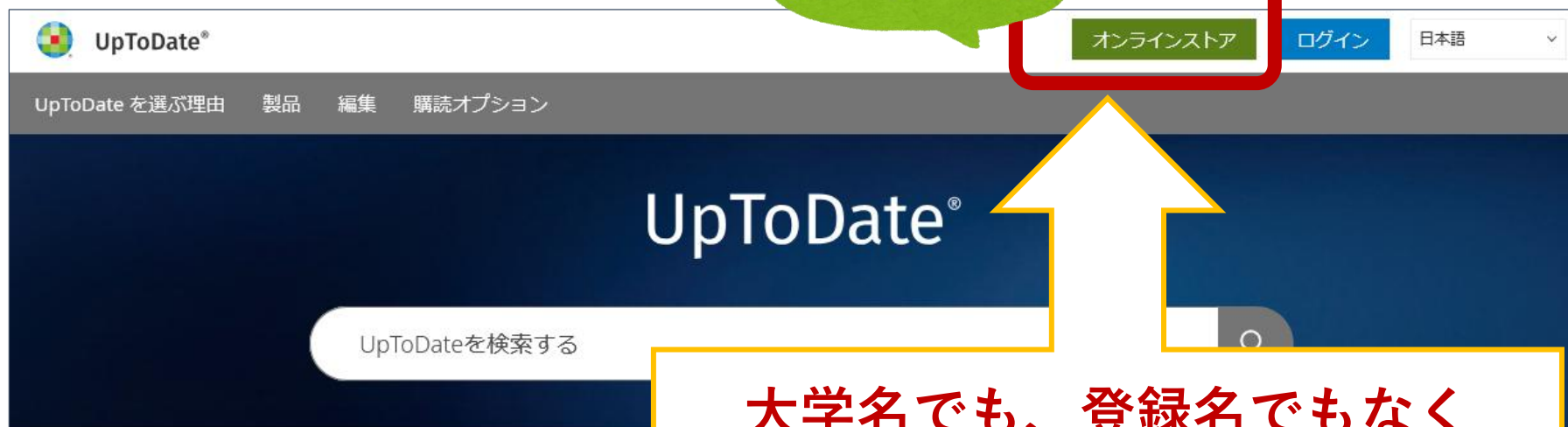
【参考】アクセスできない場合

- ・プロキシがはずれている
- ・公衆無線LANにアクセス …など



学内LAN経由しているか
PC接続先のネットワーク確認

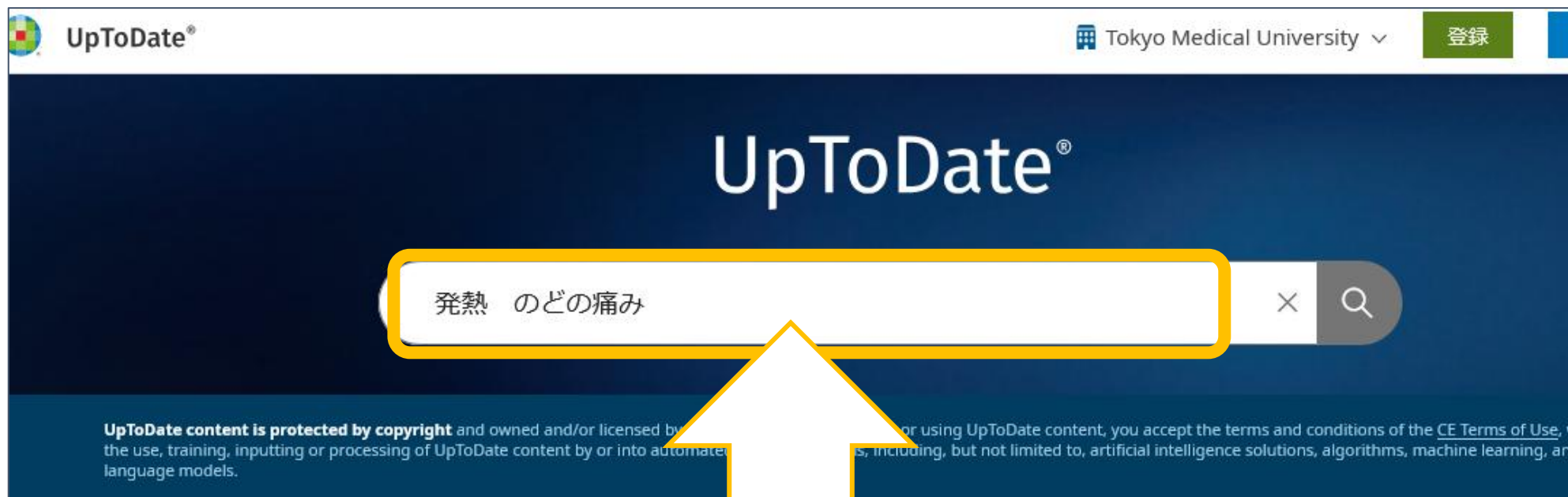
ポイント



大学名でも、登録名でもなく
「オンラインストア」の表示あり

3. 利用例

3-1. 症状で検索したい場合



検索したい症状などを入力、病名でなくてもOK
日本語でも検索可能

[検索例] 発熱 のどの痛み

UpToDate® 発熱 のどの痛み

fever Sore throat (Pharyngitis)に関連する検索結果を表示しています

- 小児における咽喉痛の評価
- 成人における急性咽頭炎の評価
- 喉頭蓋炎 (supraglottitis) : 臨床的特徴および診断
- アフタ性口内炎、咽頭炎、リンパ節炎 (PFAPA症候群) を伴う周期性発熱
- 成人発症スティル病 : 臨床症状と診断

検索結果一覧までは日本語表示
症状に該当するトピック名や
病名がリストアップ

[トピック表示例]小児における咽頭痛の評価

The image shows a screenshot of a clinical topic page titled "Evaluation of sore throat in children". The page is annotated with yellow boxes and arrows highlighting key features:

- トピック名 (Topic Name):** Evaluation of sore throat in children
- 執筆者 (Author):** Andrew M Fine, MD, MPH
- 編集者 (Editor):** George A Woodward, MD, Jan E Drutz, MD
- 更新日 (Update Date):** Literature review current through: Jun 2025. This topic last updated: Apr 23, 2024.
- エビデンスにリンクづけ (Linked to Evidence):** (See "Group A streptococcal tonsillopharyngitis in children and adolescents: Clinical features and diagnosis" and "Acute pharyngitis in children and adolescents: Symptomatic treatment" and "Treatment and prevention of streptococcal pharyngitis in adults and children".)
- トピック構成要素：各構成要素にリンクづけ (Topic Structure: Each component is linked):** The left sidebar contains a table of contents with links to various sections.

トピック構成要素 (Topic Structure):

トピック構成要素 (Topic Structure)
Outline
SUMMARY AND RECOMMENDATIONS
INTRODUCTION
DEFINITION
CAUSES
Life-threatening conditions
▪ Epiglottitis
▪ Retropharyngeal abscess
▪ Lateral pharyngeal abscesses
▪ Peritonsillar abscess
▪ Infectious mononucleosis
▪ Diphtheria
▪ Lemierre syndrome
Common conditions
▪ Viral pharyngitis
◦ Coronavirus disease 2019 (COVID-19)
▪ Candidal infection

INTRODUCTION

This topic will review conditions that can cause the symptom of sore throat. The discussion will include pertinent features of the history and physical examination and an algorithmic approach to common and life threatening

DEFINITION

Sore throat refers to any painful sensation localized to the pharynx or surrounding anatomy. The developmental ability of young children to identify and define their symptoms varies and the physician must pay careful attention to the patient and the caretaker in order to clarify the exact nature of the complaint.

3. 利用例

3-2. 他の情報へのアクセス方法

- ①薬物相互利用検索
- ②患者向け説明資料
- ③医療用計算ツール

④診療変更の最新情報

UpToDateを検索する

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④

診療変更に関する最新情報

[View All](#)

NEUROLOGY: [No benefit of mechanical thrombectomy for acute stroke due to medium vessel occlusion \(May 2025\)](#)

PRIMARY CARE: [Male partner treatment to prevent recurrence of bacterial vaginosis \(April 2025\)](#)

最新情報

[View All](#)

①



薬物相互作用

②



患者向け情報

③



計算ツール

①薬物相互利用検索

①相互作用を調べたい薬剤を「Add Item」で追加

②「Analyze」ボタンをクリックすると
リスク評価「X～A」を表示



1

Item(s)

X CycloSPORINE (Systemic)

X Grapefruit Juice

2

Display complete list of interactions for an individual item by clicking item name.

Drug Interactions

X

Avoid combination

C

Monitor therapy

A

No known interaction

D

Consider therapy modification

B

No action needed

More about Risk Ratings

▼

1 Result

View interaction detail by clicking on link(s) below.

X

[Grapefruit Juice](#)
[CycloSPORINE \(Systemic\)](#)

DISCLAIMER: Readers are advised that decisions regarding drug therapy must be based on the independent judgment of the clinician, changing information about a drug (eg, as reflected in the literature and manufacturer's most current product information), and changing medical practices.

②患者向け説明資料

①各項目をクリック後②言語を選択すると表示
(現在、日本語対応は一部のみ)

The screenshot shows the UpToDate website interface. The browser address bar displays the URL: `uptodate.com/contents/table-of-contents/patient-education/childrens-health`. The UpToDate logo and a search bar are at the top left. On the right, there are buttons for '登録' (Register) and 'ログイン' (Login). A list of medical topics is on the left, including 'Congenital disorders', 'Dental health in children', 'Diabetes in children', 'Digestive system', 'Ear, nose, and throat', 'Eye problems', 'Genetic conditions', 'Growth, puberty, and sexual health', and 'Heart and blood vessel disease'. The 'Heart and blood vessel disease' item is highlighted with a yellow box and labeled with a circled '1'. A 'Select Language' dropdown menu is open in the center, listing various languages. The 'Japanese' option is highlighted with a yellow box and labeled with a circled '2'. Other languages listed include Arabic, Chinese, Chinese (Traditional), Creole, English, French, German, Greek, Italian, Korean, Polish, Portuguese (Brazil), Punjabi, Russian, Spanish, Tagalog, Turkish, and Vietnamese.

③医療用計算ツール

各項目をクリック

表示された数値を入力すると結果を表示

UpToDate® UpToDateを検索する 登録 ログイン

< 戻る Calculator: MELD 3.0 score EXCLUDING serum albumin (for patients 12 years and older)

Input

Sex ☒ Female (1.4)
☐ Male (0)

Total bilirubin 1.5 mg/dL

Serum creatinine 1.1 mg/dL

INR 1.0 ratio

Serum sodium 150 mEq/L

Results

MELD 3.0 score excluding albumin	10	points
90 day survival estimation	99.1	%
60 day survival estimation	99.4	%
30 day survival estimation	99.7	%

④診療変更の最新情報

直近の最新情報のみ確認したい場合、便利！

UpToDate® UpToDateを検索する

Practice Changing Updates

Authors: April F Eichler, MD, MPH, Sadhna R Vora, MD
Contributor Disclosures

All topics are updated as new evidence becomes available and the review process is complete.
Literature review current through: May 2025.
This topic last updated: Jun 13, 2025.

Outline

INTRODUCTION

PULMONARY AND CRITICAL CARE MEDICINE (June 2025)
Add-on therapy for refractory COPD in patients with peripheral eosinophilia

NEUROLOGY (May 2025)
No benefit of mechanical thrombectomy for acute stroke due to medium vessel occlusion

INFECTIOUS DISEASES (May 2025)
Tecovirimat not effective for mpox

PRIMARY CARE (ADULT) (March 2025)
Male partner treatment to prevent recurrence of bacterial vaginosis

ALLERGY AND IMMUNOLOGY (February 2025)

INTRODUCTION

This section highlights selected specific new recommendations and/or updates that we anticipate may change usual clinical practice. Practice Changing Updates focus on changes that may have significant and broad impact on practice, and therefore do not represent all updates that affect practice. These Practice Changing Updates, reflecting important changes to UpToDate over the past year, are presented chronologically, and are discussed in greater detail in the identified topic reviews.

PULMONARY AND CRITICAL CARE MEDICINE (June 2025)

Add-on therapy for refractory COPD in patients with peripheral eosinophilia

- For patients with COPD and peripheral eosinophilia (≥ 300 cells/microL) who have recurrent exacerbations despite triple inhaled therapy, we suggest the addition of [dupilumab](#) or [mepolizumab](#) rather than other therapies (Grade 2C).

The use of biologics targeting type 2 inflammation in chronic obstructive pulmonary disease (COPD) has demonstrated promise, with approval of [dupilumab](#) in 2024 and new approval of [mepolizumab](#) for patients with eosinophilia and exacerbations despite inhaled therapies. Mepolizumab approval followed a trial of over 800 patients with COPD, peripheral hypereosinophilia (≥ 300 cells/microL), and exacerbations despite triple inhaled therapy (long-acting muscarinic antagonist, long-acting beta agonist, and inhaled corticosteroid). Those randomized to treatment with the anti-interleukin 5 monoclonal antibody mepolizumab (100 mg subcutaneously monthly) had a reduction in moderate or severe exacerbations compared with placebo (0.80 versus 1.01 events per year), but no improvements in lung function or respiratory symptoms [1]. Similar patients treated with dupilumab have shown a somewhat larger reduction in exacerbation rates and modest improvements in lung function and symptoms. Absent comparative trials, we now suggest either dupilumab or mepolizumab for patients with COPD and peripheral eosinophilia who have persistent

執筆者
編集者
更新日

トピック構成要素：
各要素にリンク付け

3. 利用例

3-3. Graphicを学内利用 [公開は学内者限定]

Graphicsをクリック



典拠元・画像を利用する場合
授業など**学内利用のみOK**
※改変できません
※学外者への提供不可

チェック ✓

← 5 of 27 →

Export to PowerPoint

印刷

Atopic dermatitis



A slightly lichenified, erythematous patch and excoriations are present in the antecubital fold.

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Graphic 57982 Version 6.0

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Export to PowerPointをクリック

Atopic_dermatitis_antecubital[Protected View] - PowerPoint

画面切り替え アニメーション スライドショー 校閲 表示 記録 ヘルプ Acrobat

ファイルは、ウイルスに感染している可能性があります。編集する必要がある場合は、保護ビューのままにしておくことをお

Atopic dermatitis



A slightly lichenified, erythematous patch and excoriations are present in the antecubital fold.

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ワンクリックでPowerPointへコピー

4. アカウント登録 ポイント



- 学内LAN接続のPC等でアカウント作成
- アカウント登録の必要事項を入力後、登録メールアドレスに送信の「パスコード」を10分以内に入力
- アカウント認証期間は90日
- 継続希望の場合、アカウント認証期間内に学内LAN接続のPC等でログインして再認証が必要



リモートアクセスは利用不可

UpToDate®

2

東京医科大学
TOKYO MEDICAL UNIVERSITY

Register for an UpToDate account

Make the most of your UpToDate experience: Register for an account and benefit from mobile access to our trusted clinical content. Plus, earn and redeem CME/CE/CPD credits while you work.

Already registered? Please [sign in](#) with your UpToDate username and password.

First Name

Last Name

Email

You will need
registration

Country

3

Check the email account you submitted for a message containing a verification code. If you don't see the email, please check your spam folder. Paste or type the code below. The code is valid for 10 minutes. **No account data will be saved until the code is accepted.**

Verification Code

Submit Verification Code

① 本学名表示を確認の上
登録をクリック

② 必要項目を入力後、
「Send Verification Code」を
クリック

③ 10分以内に
登録メールアドレスに
送信されたコード入力

図書館HPの以下URLもあわせてご覧ください。

<https://library.tokyo-med.ac.jp/d-electron/UpToDateAnywhere>



〔問い合わせ先〕 東京医科大学図書館

library@tokyo-med.ac.jp