

ISSUE

06

March 2023



Upcoming Training Announcements

13 March 2023 – 1.00-2.00 pm:
UpToDate training - [Click here to join the meeting.](#)

13 March 2023 – 2.00-3.00 pm:
AccessMedicine training – ONSITE:
Lecture Hall1, Polyclinic 2nd Fl, Tawam Hospital.

20 March 2023 – 1.00-2.00 pm:
UpToDate training - [Click here to join the meeting](#)

23 March 2023 – 12.00-1.00 pm:
AccessMedicine training – ONSITE:
Auditorium 1, 1st Floor, SKMC.

23 March 2023 – 2.00-3.00 pm:
AccessMedicine training – ONSITE:
SSMC Auditorium 1 & 2 - Annex
Building 3rd Floor, SSMC.

DO YOU KNOW!!!

“Watson Assistant” in Micromedex uses AI to accelerate your access to drug information by bypassing the keyword search process in favor of natural language queries?

Use the **Watson Assistant** to get quick answers to drug information without having to navigate to find the section in the monograph. Watson has been trained to answer with the summary or **Quick Answers** content, as well as **IV compatibility** and **drug interactions**. Quick links at the end of the answer take you to Quick or In-Depth Answers within the monograph.

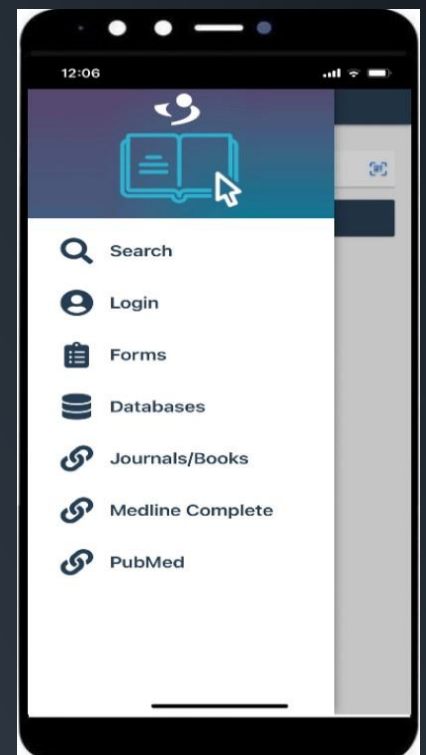
IBM Micromedex

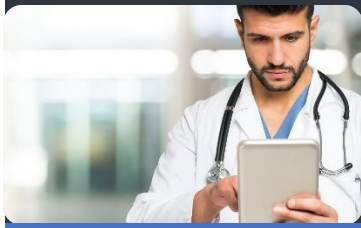
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Annals of Internal Medicine

Featured article:

Emerging high-quality evidence has led to new clinical practice guidelines for diabetes management in chronic kidney disease (CKD). [Read more in the Annals of Internal Medicine. 10 Jan 2023.](#)

Don't Believe the Hype – New Study Provides No New Evidence on Time-restricted Eating (Intermittent Fasting)

A new study on time-restricted eating (also known as intermittent fasting) enters the weight loss evidence ecosystem, but did the study investigators evaluate what they claim? The EBM Focus team at DynaMed investigates.

The body of evidence on weight control just got a little bigger, but it might be time to cut the fat. Another study trying to uncover the best diet to achieve weight loss recently appeared in the [Journal of the American Heart Association](#). The authors conclude that weight is tied to the size and number of meals a person eats per day rather than the time between meals or the amount of sleep and go on to say that their “findings did not support the use of time-restricted eating [intermittent fasting] as a strategy for long-term weight loss in a general medical population”. However, they don't really study either of those things.

Practice Point: A new study doesn't add much to what we know about weight control. We still think the best diet for patients is the one to which they will adhere in the long term.

Reference: [J Am Heart Assoc. Vol 12, Issue 3: Feb 07 2023.](#)

Ablation Therapy for Atrial Fibrillation

Find clinical practice recommendations and all the supporting evidence for ablation therapy in patients with atrial fibrillation (AFib) in [DynaMed](#).

Help?

Contact the Librarian:

Email: o-tqasim@seha.ae

Webex: <https://seha.webex.com/join/o-tqasim>. 10.00 am – 3.00 pm.

Call / WhatsApp / SMS: 02-4102632, 050-5212921

