

A-Z Resources for doctors

A

- **Alcohol units calculator** <http://www.drinkaware.co.uk/tips-and-tools/drink-diary/>
- **Anti-doping**
 - www.wada-ama.org/
 - <http://globaldro.com/>
- **Anxiety** www.nomorepanic.co.uk/

B

- **Benefits** www.direct.gov.uk/en/MoneyTaxAndBenefits/index.htm
- **'Beating the blues'** www.beatingtheblues.co.uk/ (evidence based computer CBT- will need FREE activation code from psychology- details on their website)
- **BNF adult** www.medicinescomplete.com/mc/bnf/current/ log in required
- **BNF child** www.medicinescomplete.com/mc/bnfc/current/ log in required
- **BPAS** www.bpas.org/ for advice about abortion/pregnancy but even a section for men about vasectomy and also ED.
- **BMJ learning** <http://learning.bmj.com/learning/home.html>
- **Bereavement** www.crusebereavementcare.org.uk/

C

- **Cardiac Health for the young** www.c-r-y.org.uk/
- **Childhood continence advice** www.eric.org.uk/

D

- **Dementia screening tool (6-CIT)** www.patient.co.uk/doctor/Six-Item-Cognitive-Impairment-Test.htm
- **Depression**
 - living life to the full www.llttf.com/
 - CBT self help website <http://www.moodgym.anu.edu.au/welcome>
- **Dermatology**
 - European www.dermis.net/dermisroot/en/home/index.htm
 - New Zealand <http://dermnetnz.org/>
 - British association dermatology www.bad.org.uk/site/1/default.aspx
- **Dermatomes** sandysscience.files.wordpress.com/2010/01/dermatomes3.jpg
- **Diabetes- convert HbA1c % to mmol/mol** chart www.diabeteschart.org/mtop.html

- **DVLA 'at a glance' guide to driving** www.dft.gov.uk/dvla/medical/ataglance.aspx
contact medical advisor on 01792 782 337 10-13:00

E

- **Eczema zones**- sponsored by MSD www.eczemazones.co.uk/
www.eczemazones.co.uk/parentzone/pdfs/patient_guide1.pdf
- **Eating disorders** www.b-eat.co.uk/
- **E-learning for healthcare** www.e-lfh.org.uk/
- **Epworth Sleepiness scale** online sleep apnoea
www.britishtsnoring.co.uk/sleep_apnoea/epworth_sleepiness_scale.php
- **Pictures of ear drums** www.earatlas.co.uk/
- **Evidence-based medicine tool** (making Cates plots with smiley faces- helps explain risk)-
www.nntonline.net/ or www.npc.nhs.uk/patient_decision_aids/pda.php (printable 'patient decision aids' including Warfarin etc.)
- **Exercise sheets** for patients/videos www.arthritisresearchuk.org/health-professionals-and-students/information-for-your-patients/exercise-sheets-and-videos.aspx
- **Ethics** www.gmc-uk.org/guidance/ethical_guidance.asp
- **Evidence based medicine**
 - www.medicine.ox.ac.uk/bandolier/
 - www.eguidelines.co.uk/
 - www.badscience.net
 - www.evidence.nhs.uk/nhs-evidence-content/journals-and-databases
 - www.sign.ac.uk/
 - www.bmj.com/
 - www.cks.nhs.uk/home
 - www.nice.org.uk/

F

- **Family planning/contraception** www.fsrh.org/
- **FRAX calculation** tool online www.shef.ac.uk/FRAX/tool.jsp?country=1 (for assessment for osteoporosis)

G

- **Government advice on health** www.direct.gov.uk/en/HealthAndWellBeing/index.htm
- **GP notebook** www.gpnotebook.co.uk/

H

- **HIV drug interactions** www.hiv-druginteractions.org/

I

- **Interstitial Cystitis info** www.ichelp.org/
- **Immunisations**
www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/documents/digitalasset/dh_131000.pdf

J

- **Jobs** <http://jobs.healthcarerepublic.com/>

L

- **Language line** tel 0845 310 9900 and quote code 'L9433' when prompted by the operator. Other codes apply when doing OOH etc.

M

- **Macmillan learning zone** <http://learnzone.macmillan.org.uk/>
- **'Mindfulness'** relaxation/calm/headspace www.getsomeheadspace.com/
Some free content, also free app with downloadable content for iPhone

N

- **NHS Choices** www.nhs.uk/Pages/HomePage.aspx
- **Medical news**
 - www.nhs.uk/news/Pages/NewsIndex.aspx
 - www.pulsetoday.co.uk/
- **NHS Swindon** - guidance documents on local policies etc including referral for assisted fertility www.swindon.nhs.uk/

O

- **O&G guidance**
 - www.rcog.org.uk/womens-health/guidelines
 - www.womenshealthinbrightonandsussex.org.uk/protocols.html
- **Ophthalmology** <http://www.new2eyes.com/>

P

- **PSA testing**- leaflet for men www.cancerscreening.nhs.uk/prostate/prostate-patient-info-sheet.pdf
- **Patient.co.uk** www.patient.co.uk
- **Psychology services/self-help guides**
 - www.awp.nhs.uk/templates/Page_821.aspx
 - www.rcpsych.ac.uk/mentalhealthinformation.aspx
- **South West Child Protection Procedures** <http://www.swcpp.org.uk/>
- **Paediatrics**
 - www.wiltshire.gov.uk/healthandsocialcare/childrenyoungpeoplefamilies/childprotection.htm/
 - www.spottingthesickchild.com/

R

- **RCGP** www.rcgp.org.uk/

S

- **Swindon GP Education Website** www.swindongpeducation.co.uk/
- **Severn Deanery** <http://primarycare.severndeanery.org>

T

- **Travel advice**/which medications or imms
 - www.traveldoctor.co.uk/index.htm
 - www.fitfortravel.nhs.uk/home.aspx
 - www.travax.nhs.uk/
- **TOXBASE** (info for professionals about ingestion of just about anything and printable info on management) www.toxbase.org/ (will need to sign up for username and password for practice)
- **Twitter**- <http://twitter.com/> (social networking site but can follow RCGP and other medical people/latest news on there)

W

- **Weight loss** 'My fitness pal' (free calorie counter and food journal) www.myfitnesspal.com/ (also free app for iPhone and has barcode scanner to easily track food).

