

# Diabetes Tipo 2

8º JORNADA  
DE ACTUALIZACIÓN  
TERAPÉUTICA  
DE LA redGDPS



PROGRAMA

Córdoba, 16-17 octubre de 2015

ramientas para la revisión bibliográfica: RSS, alertas, bases datos, Medsc.... ¿donde buscar? ¿Como mantenerse al día?

Patxi Ezkurra Loiola  
C.S.Zumaia. Osakidetza. Red GDPS

# ALGUNAS CIFRAS...

**2**

Dudas cada 10  
pacientes en AP  
(>50 en hospital)

**13.000**

Enfermedades

**17**

artículos/día para  
estar actualizado

**20**

millones  
de citas en  
Pubmed

**75**

Ensayos clínicos  
/día

**11**

Revisiones  
sistemáticas /día

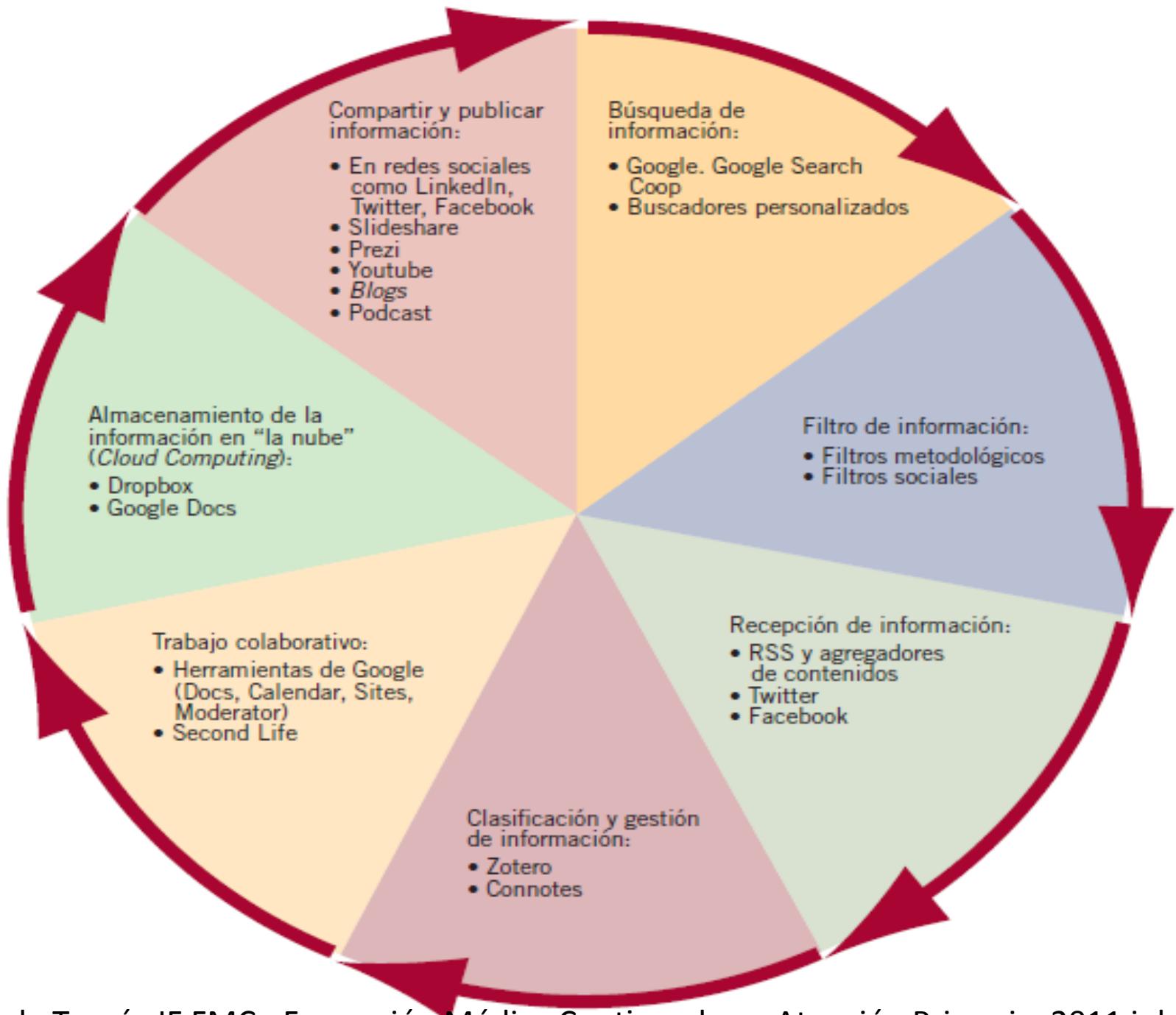
**53**

revistas → 50% de  
Rev Sistématicas  
(neurología)

**5.5**

años → Vida media  
de Rev sistemática





# Buscadores de fuentes de información en la salud

## dores Generales

- oogle
- ikipedia, la enciclopedia libre
- witter
- ouTube
- nterest
- cionario de la lengua española | Real Academia RAE
- oogle Maps ES
- cos
- ropean Medicines Agency
- EMPS marcas
- EMPS Principio Activo
- ormaciÃ³n FarmacoterapÃ©utica
- quimiA
- HOCC - ATC/DDD
- demecum

-  MBE
-  Epistemonikos
-  GuÃAs de PrÃactica en el SNS (EspaÃ±a)
-  Cochrane
-  PubMed Health - National Library of Medicine
-  Trip Database
-  PEDro : Physiotherapy Evidence Database
-  NICE (NHS)
-  Evidence Search (NHS)
-  Centre for Reviews and Dissemination - CRD Database
-  NGC - National Guideline Clearinghouse
-  SIGN guidelines
-  PREVID (Murcia Salud)
-  ICTRP Buscador ensayos clÃânicos OMS
-  ClinicalTrials.gov
-  AETS/ISCIII

-  Busqueda bibliografica
-  UpToDate
-  PubMed Clinical Queries
-  SUMSearch 2
-  NCBI - PubMed
-  Traductor tÃ©rminos MeSH EspaÃ±ol-->Ingles
-  MeSH
-  Google academico
-  PubMed PubReMiner: a tool for PubMed query b
-  Allie: bÃºsqueda de abreviaturas
-  FACTA data mining search
-  GoPubMed
-  BDDOC CSIC: Sumarios IME - Biomedicina - BÃºs
-  Buscador de la Biblioteca Virtual en Salud
-  OPENID
-  BioMedical Figure Search

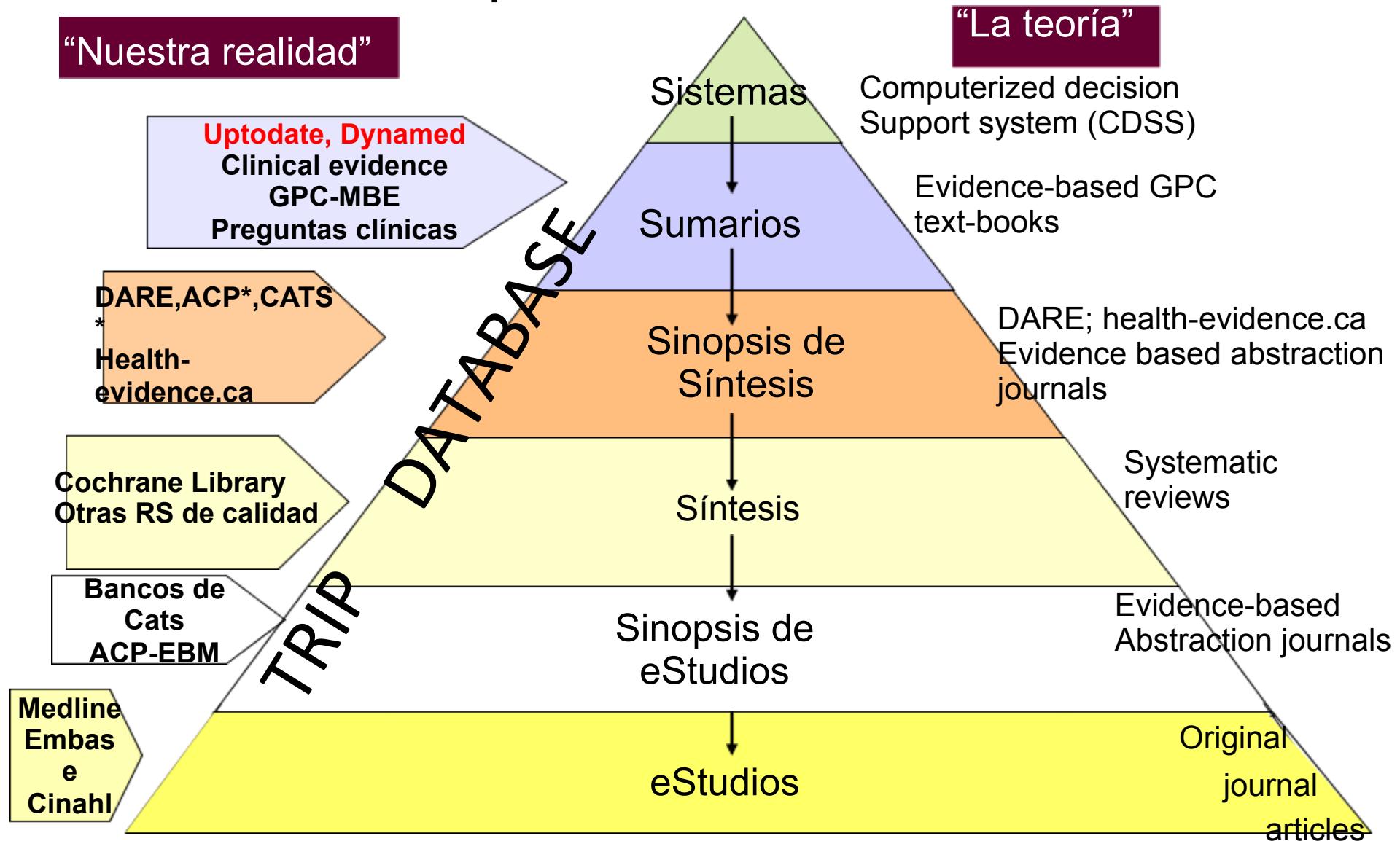


"The search engine is now as essential as the stethoscope"



Glasziou P, Burls A, Gilbert R. Evidence based medicine and the medical curriculum. *BMJ*. 2008

## Las 6S de la “pirámide” de las fuentes de información



Modificado de :Evid. Based Nurs 2009;12:99-101.

diabetes type 2 and diet therapy



Aproximadamente 16.400 resultados (0,04 s)

Mis citas

Sugerencia: Buscar solo resultados en **español**. Puedes especificar el idioma de búsqueda en [Configuración de Google Académico](#).

**[Improved acylated ghrelin suppression at 2 years in obese patients with type 2 diabetes: effects of bariatric surgery vs standard medical therapy](#)** [HTML] de nature.com

SK Malin, A Samat, K Wolski, B Abood... - International Journal of..., 2014 - nature.com

... means to correct underlying metabolic disturbances (for example, glucotoxicity) that blunt **diet** and exercise ... Circadian rhythms of GIP and GLP1 in glucose-tolerant and in **type 2 diabetic** patients after ... Gastric bypass for obesity: mechanisms of weight loss and **diabetes** resolution. ...

Citado por 16 Artículos relacionados Las 6 versiones Citar Guardar

**[\[HTML\] Aggressive weight reduction treatment in the management of type 2 diabetes](#)**

[HTML] de em-consulte.com

AJ Scheen - **Diabetes**, 2015 - em-consulte.com

... increases insulin action in obese nondiabetic and obese non-insulin-dependent **diabetic** individuals ... E.Sibutramine in the treatment of obese patients presenting a risk of developing **diabetes**. ... A one-year study of weight loss and glycemic control in **type II diabetics** following orlistat ...

Citado por 51 Artículos relacionados Las 6 versiones Citar Guardar Más

**[Management of hyperglycemia in type 2 diabetes, 2015: a patient-centered approach: update to a position statement of the American Diabetes Association and the ...](#)** [HTML] de diabetesjournals.org

SE Inzucchi, RM Bergenfelz, JB Buse... - **Diabetes** ..., 2015 - Am Diabetes Assoc

... a rapid-acting insulin analog\* (lispro, aspart, or glulisine) administered just before **eating**. ... m/jo/journal/v38/n3/abs/ijo2013196a.html | regarding self-monitoring of blood glucose, **diet**, and exercise and ...





# ClinicalTrials.gov

A service of the U.S. National Institutes of Health

Example: "Heart attack" AND "Los Angeles"

Search for studies:

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Include only open studies  Exclude studies with Unknown status

Rank	Status	Study
1	Completed	<a href="#">Evaluating the Effects of a Diet and Exercise Program in People With Type 2 Diabetes or Prediabetes: (The SHAPE3 Study)</a> <b>Conditions:</b> Overweight; Obesity; Type 2 Diabetes; Prediabetes <b>Interventions:</b> Behavioral: Weight loss diet; Behavioral: Weight loss diet plus exercise
2	Completed	<a href="#">Low Glycemic Load Diets in Latino Children at Risk for Type 2 Diabetes</a> <b>Conditions:</b> Obesity; Type 2 Diabetes Mellitus Behavioral: Low Glycemic Load Diet versus Low Fat Diet

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diabetes type 2 and diet therapy

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35 results for "diabetes type 2 and diet therapy", by quality

Export... Order Synonyms Add to automated search Translate

1. **Saxagliptin metformin (Kombogylze) - in combination with a sulphonylurea (i.e. triple combination therapy) as an adjunct to diet and exercise to improve glycaemic control in adult patients aged 18 years and older with type 2 diabetes mellitus**

Scottish Medicines Consortium 2014

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Systematic Reviews

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↳ Evidence-based Synopses 352  
↳ Guidelines  
↳ Aus & NZ 197  
↳ Canada 162  
↳ UK 342  
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<input type="text" value="Title, Abstract, Keywords"/> <span style="border: 1px solid #ccc; padding: 2px;">+ </span>	<input type="text" value="diabetes type 2 and diet therapy"/>		<input type="button" value="Go"/> <input type="button" value="Save"/>
<a href="#">Search Limits</a>	<a href="#">Search Help</a>	(Word variations have been searched)	<a href="#">Add to Search Manager</a>
<input type="button" value="Clear"/>			

All Results (1538)

- Cochrane Reviews (9)
    - All
    - Review
    - Protocol
  - Other Reviews (9)
  - Trials (1517)
  - Methods Studies (0)
  - Technology Assessments (0)
  - Economic Evaluations (3)
  - Cochrane Groups (0)

● All

## Current Issue

**Me** Methodology

Cochrane Database of Systematic Reviews : Issue 9 of 12, September 2015

Issue ***updated daily*** throughout month

There are 9 results from 9076 records for your search on 'diabetes type 2 and diet therapy in Title, Abstract, Keywords in Cochrane Reviews'

Sort by Relevance: high to low

[Select all](#) | [Export all](#) | [Export selected](#)

  **Exercise or exercise and diet for preventing type 2 diabetes mellitus**  
Leonardo J Orozco , Ana Maria Buchleitner , Gabriel Gimenez-Perez , Marta Roqué i Figuls , Bernd Richter and Didac Mauricio  
Online Publication Date: July 2008

 FREE Different types of dietary advice for women with gestational diabetes mellitus  
Shanshan Han , Caroline A Crowther , Philippa Middleton and Emer Heatley  
Online Publication Date: March 2013

UNIVERSITY *of* York  
Centre for Reviews and Dissemination



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## Search results [1 hits]    Selected records [0 hits]

Any field	diabetes type 2 and diet therap	AND	<input checked="" type="checkbox"/> DARE	<input type="checkbox"/> CRD assessed review (bibliographic)
Title		OR	<input type="checkbox"/> CRD assessed review (full abstract)	
Author			<input type="checkbox"/> Cochrane review	
Record date			<input type="checkbox"/> Cochrane related review record	
Publication year			<input checked="" type="checkbox"/> NHS EED	<input type="checkbox"/> CRD assessed economic evaluation (bibliographic)
				<input type="checkbox"/> CRD assessed economic evaluation (full abstract)
			<input checked="" type="checkbox"/> HTA	<input type="checkbox"/> HTA in progress
				<input type="checkbox"/> HTA published

Results for: (diabetes type 2 and diet therapy) IN DARE, NHSEED, HTA

First	1	Last			Show all previews	Select all	Clear selections	Export
	Year	Database	Source	Title				
<input type="checkbox"/>	2009	DARE	Diabetologia	Effect of non-oil-seed pulses on glycaemic control: a systematic review and meta-analysis of randomised controlled experimental trials in people with and without diabetes [Preview]				
					Commentary available			

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Inicio Cómo funciona Sobre Epistemonikos Idiomas

Registrarse Ingre

diabetes tipo 2 y dieta



Búsqueda avanzada

### Filtrar resultados

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(11)

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Últimos 5 años

Últimos 10 años

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Resultados: 1-10 de 11

Mostrar traducción automática (Términos de uso)

Revisión Sistemática

**Efficacy of interventions that include diet, aerobic and resistance training components for type 2 diabetes prevention: a systematic review with meta-analysis.**

**AUTORES** » Aguiar EJ , Morgan PJ , Collins CE , Plotnikoff RC , Callister R

**REVISTA** » The international journal of behavioral nutrition and physical activity

**AÑO** » 2014

**ENLACES** » Pubmed , DOI , PubMed Central

Este artículo incluye 23 Primary Studies



Revisión Sistemática

**Effects of Mediterranean-style diet on glycemic control, weight loss and cardiovascular risk factors among type 2 diabetes individuals: a meta-analysis.**

**AUTORES** » Huo R , Du T , Xu Y , Xu W , Chen X , Sun K - More

**REVISTA** » European journal of clinical nutrition

**AÑO** » 2014

**ENLACES** » Pubmed , DOI

Este artículo incluye 9 Primary Studies

Revisión Sistemática

**Patient and Provider Attitudes Toward the Use of Patient Portals for the Management of Chronic Disease: A Systematic Review.**

**AUTORES** » Kruse CS , Argueta DA , Lopez L , Nair A

**REVISTA** » Journal of medical Internet research



## Nutritional considerations in type 2 diabetes mellitus

### Authors

Linda M Delahanty, MS, RD  
David K McCulloch, MD

### Section Editors

David M Nathan, MD  
Timothy O Lipman, MD

### Deputy Editor

Jean E Mulder, MD

### INTRODUCTION

Diet is one of the most important behavioral aspects of diabetes treatment. Basic principles of nutritional management, however, are often poorly understood, by both clinicians and their patients.

Patients commonly fail to adhere to recommendations for diet and exercise, a source of ongoing frustration for clinicians in caring for their patients with diabetes. One study, as an example, found that fewer than 40 percent of patients with diabetes ate within 20 percent of their prescribed diet [1]. Noncompliance rates among patients with diabetes in another study were 62 percent for diet and 85 percent for exercise [2].

Dietary compliance is a major factor in achieving glycemic control in type 2 diabetes. The importance of glycemic control in type 2 diabetes for reducing the likelihood of nephropathy and retinopathy has been demonstrated in the United Kingdom Prospective Diabetes Study (UKPDS) [3]. Weight reduction can improve or even reverse glucose intolerance in patients with type 2 diabetes [4,5]. (See "[Initial management of blood glucose in adults with type 2 diabetes mellitus](#)".)

The role of nutrition and the development of a medical nutrition therapy (MNT) plan for a patient with type 2 diabetes are discussed here. Nutrition for patients with type 1 diabetes and glycemic management with oral medications and insulin therapy for patients with type 2 diabetes are discussed separately. (See "[Nutritional considerations in type 1 diabetes mellitus](#)" and "[Initial management of blood glucose in adults with type 2 diabetes mellitus](#)" and "[Management of persistent hyperglycemia in type 2 diabetes mellitus](#)" and "[Insulin therapy in type](#)

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## Considerations for patients with type 2 diabetes

- s mellitus type 2 prevention
  - activity for type 2 diabetes
  - s mellitus type 2 in adults
  - s mellitus type 2 in children and adolescents
  - c goals in patients with type 2 diabetes
  - lowering medications for type 2 diabetes
  - or type 2 diabetes with suboptimal glycemic control
  - ctors for diabetes mellitus type 2
  - s mellitus type 2 self-management
  - s mellitus type 2 screening
  - anean diet
  - et
  - s alternative treatments
  - oin for diabetes

## Dietary considerations for patients with type 2 diabetes

- [⊕ Related Summaries](#)
  - [◻ Overview](#)
  - [⊕ American Diabetes Association \(ADA\) Dietary Recommendations](#)
  - [⊕ Academy of Nutrition and Dietetics \(AND\) Nutrition Practice Guidelines](#)
  - [◻ Efficacy of Dietary Intervention](#)
  - [◻ High Fiber Diet](#)
  - [⊕ Meal Plans \(including Vegetarian\)](#)
  - [⊕ Glycemic Index](#)
  - [◻ Other Dietary Considerations](#)
  - [⊕ Guidelines and Resources](#)
  - [◻ Patient Information](#)
  - [⊕ ICD-9/-10 Codes](#)
  - [⊕ References](#)

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diabetes y dieta

Buscar

Buscar sólo en Endocrinología

Página 1: Resultados del 1 al 10 de 19 elementos encontrados.

[anterior](#) **1** [2](#) [siguiente](#)

¿Es eficaz la dieta paleolítica en pacientes con sobrepeso e hipertensión esencial? [Incluida el 26/03/2015]

¿Es necesaria la polisomnografía en la cirugía bariátrica? [Incluida el 10/11/2014]

Dieta hiperproteica y riesgo de afectación renal. [Incluida el 06/03/2014]

- ✓ Todos los temas
  - ✓ Alergia (32)
  - ✓ Anestesia (57)
  - ✓ Calidad asistencial (17)
  - ✓ Cardiovascular (300)
  - ✓ Cirugía (175)
  - ✓ Cuidados de Enfermería (421)
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'diabetes type 2' and 'diet therapy'

Run an advanced search on this term

Search within:

GO

Sort results by:  Relevance (what's this?)  Publication date

Filter results by: All Years ▾

1-20 of 139 Next >

Compare  
Guidelines

1. **Dapagliflozin in combination therapy for treating type 2 diabetes.** 2013 Jun. NGC:009946

National Institute for Health and Care Excellence (NICE) - National Government Agency [Non-U.S.]. [View all guidelines by the developer\(s\)](#)

7. **Clinical practice guideline for type 2 diabetes.** 2008 Jul 1 (reaffirmed 2013 Jun). NGC:009014

Basque Office for Health Technology Assessment, Osteba - State/Local Government Agency [Non-U.S.]; GuiaSalud - National Government Agency [Non-U.S.]; Ministry of Health (Spain) - National Government Agency [Non-U.S.]. [View all guidelines by the developer\(s\)](#)

# TIPOS DE ESTUDIO Y FUENTES DE INFORMACION

	TRIP DATABASE	COCHRANE	CLINICAL EVIDENCE	UPTODATE / DYNAMED	PREGUNTAS CLINICAS
TRATAMIENTO	++	++++	+++	+++	++
ETIOLOGIA	++	+	-	+++	+++
PRONOSTICO	++	+	+/-	+++	++
DIAGNOSTICO	++	+	+/-	++	+++
GUIAS	+++	+/-	-	-	++

Modificado de: Taller . Uso de fuentes de información. Grupo MBE-Osatzen. 2010

# Para recibir información



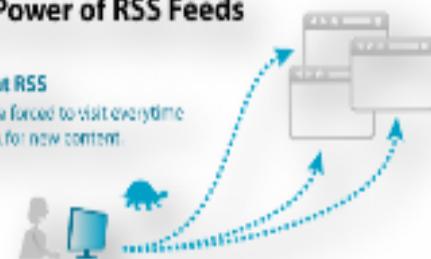
RSS  
La revolución de la sindicación a contenidos

Kedrosky P. La revolución de la sindicación de contenidos.  
Harvard Deusto business review. 2005;(132):4-7.

## The Power of RSS Feeds

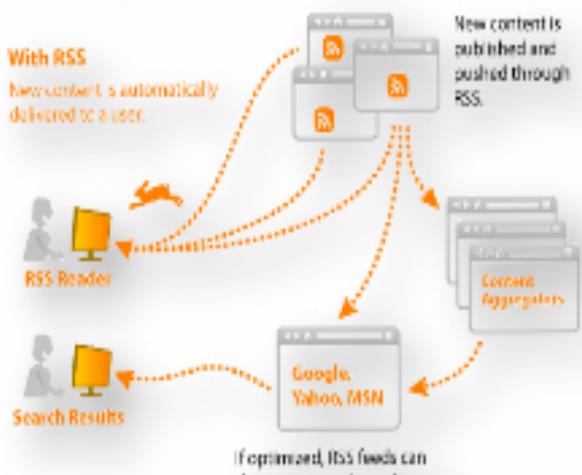
### Without RSS

Users are forced to visit everytime to check for new content.



### With RSS

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If optimized, RSS feeds can show on a search results page.

# PREGUNTA CLÍNICA : ¿CUÁL ES LA DIETA MÁS ADECUADA PARA PACIENTES CON DM TIPO 2?

BDD	"reviews (maximizes specificity)"	Referencias clave recuperadas	"reviews (maximizes sensitivity)"	Referencias clave recuperadas	"therapy (maximizes specificity)"	Referencias clave recuperadas	Total referencias clave
Medline	635	2	15160	2	2431	0	3
Embase	397	1	10546	2	1271	0	
Medline 2013-	76						
Embase 2013-	17						

Propuesta de estrategia de búsqueda en Medline:

- 1 exp Diabetes Mellitus, Type 2/ (89118)
- 2 diabetes.ti. (157985)
- 3 1 or 2 (197211)
- 4 exp Diet/ or exp Diet Therapy/ (208868)
- 5 food habits/ or meals/ (22345)
- 6 diet\*.ti. (137097)
- 7 (food adj3 habit\*).ti. (674)
- 8 4 or 5 or 6 or 7 (295815)
- 9 3 and 8 (13606)
- 10 limit 9 to "reviews (maximizes specificity)" (212)
- 11 limit 10 to yr="2013 -Current" (76)

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	# ▲	Búsquedas	Resultados	Tipo de búsqueda	Acciones
<input type="checkbox"/>	1	diabetes type 2 and diet therapy {Incluyendo términos relacionados}	▶ 10983	Básica	<a href="#">Mostrar</a> <a href="#">Más &gt;</a>
<input type="checkbox"/>	2	limit 1 to ("review articles" and yr="2014 -Current" and "reviews (maximizes specificity)")	▶ 169	Avanzada	<a href="#">Mostrar</a> <a href="#">Más &gt;</a>

Eliminar conjuntos seleccionados Guardar conjuntos seleccionados Combinar selecciones con: Y O Guardar historial de búsquedas RSS

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3 Recursos seleccionado | Ocultar | Seleccionar

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▼ Límites (cerrar)

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- Biochemical bone turnover markers in diabetes mellitus — A systematic review Review Article  
*Bone*, In Press, Corrected Proof, Available online 24 February 2015  
Jakob Starup-Linde, Peter Vestergaard  
► Abstract | ► Research highlights |  PDF (502 K)
  - Diabetes: Psychosocial Aspects  
*International Encyclopedia of the Social & Behavioral Sciences (Second Edition)*, 2015, Pages 337-341  
Daniela Zahn, Thomas Kubik  
► Abstract |  Purchase PDF
  - Chapter 20 - Perturbations of Energy Metabolism: Obesity and Diabetes Mellitus  
*Essentials of Medical Biochemistry (Second Edition)*, 2015, Pages 363-379  
N.V. Bhagavan, Chung-Eun Ha  
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  - Psychosocial interventions for people with diabetes and co-morbid depression. A systematic review Review Article  
*International Journal of Nursing Studies*, Volume 52, Issue 10, October 2015, Pages 1625-1639  
Jing Li Amy Kok, Allison Williams, Lin Zhao  
► Abstract |  PDF (742 K)
  - Interrelationship between diabetes and periodontitis: Role of hyperlipidemia Review Article  
*Archives of Oral Biology*, Volume 60, Issue 4, April 2015, Pages 667-674  
Xiaodong Zhou, Wenyi Zhang, Xiaoli Liu, Wu Zhang, Yiming Li





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JAMA Intern Med (*Original*)
2. [Effect of mammographic screening from age 40 years on breast cancer mortality in the UK Age trial at 17 years' follow-up: a randomised controlled trial.](#)  
Lancet Oncol (*Original*)
3. [Comparative effectiveness and tolerance of treatments for Helicobacter pylori: systematic review and network meta-analysis.](#)  
BMJ (*Review*)

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## diabetes typ

Use my clinical discretion(s)

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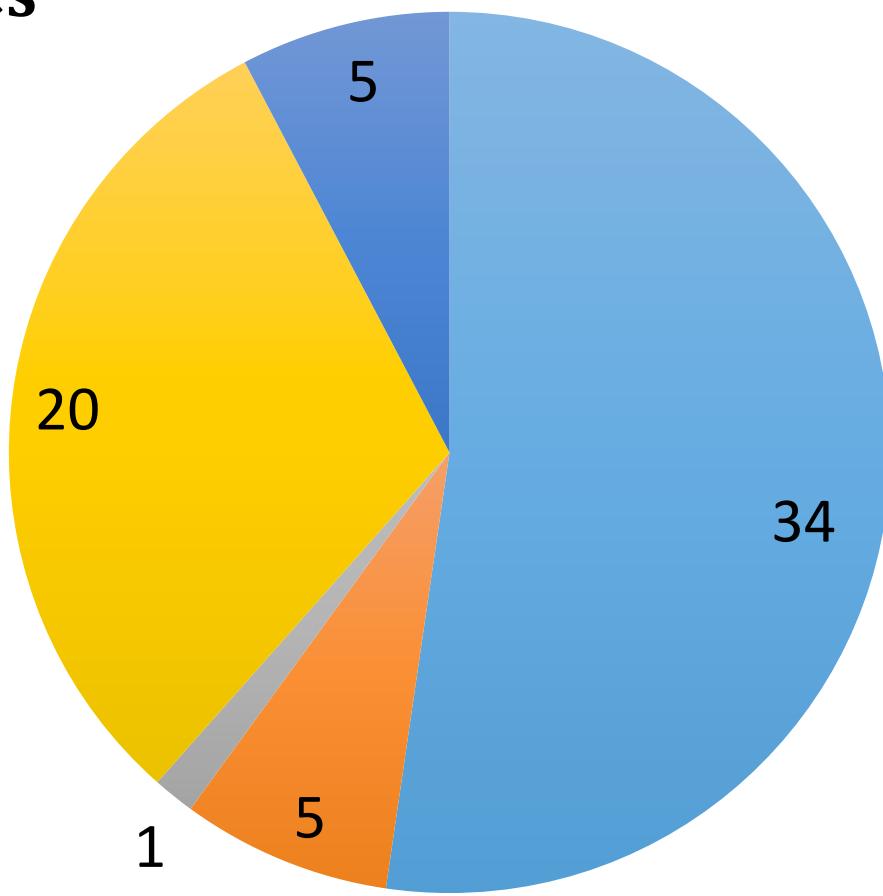
Endnote Help

- 1. Improving diabetes outcomes through lifestyle change - A randomized controlled trial. *Obesity (Silver Spring)*. 2015 Sep;23(9):1792-9. doi: 10.1002/oby.21172. Epub 2015 Aug 11. (Original)
  - 2. Multiple risk factor interventions for primary prevention of cardiovascular disease in low- and middle-income countries. *Cochrane Database Syst Rev*. 2015 Aug 4;8:CD011163. (Review)
  - 3. Effect of Ranolazine Monotherapy on Glycemic Control in Subjects With Type 2 Diabetes. *Diabetes Care*. 2015 Jul;38(7):1189-96. doi: 10.2337/dc14-2629. Epub 2015 Jun 6. (Original)
  - 4. Picture Good Health: A Church-Based Self-Management Intervention Among Latino Adults with Diabetes. *J Gen Intern Med*. 2015 Apr 29. (Original)
  - 5. Five-year outcomes after laparoscopic gastric bypass and laparoscopic duodenal switch in patients with body mass index of 50 to 60: a randomized clinical trial. *JAMA Surg*. 2015 Apr;150(4):352-61. doi: 10.1001/jamasurg.2014.3579. (Original)
  - 6. Impact of a community health workers-led structured program on blood glucose control among latinos with type 2 diabetes: the DIALBEST trial. *Diabetes Care*. 2015 Feb;38(2):197-205. doi: 10.2337/dc14-0327. Epub 2014 Aug 14. (Original)
  - 7. A randomized, double-blind, placebo-controlled study on long-term efficacy and safety of ipragliflozin treatment in patients with type 2 diabetes mellitus and renal impairment: results of the long-term ASP1941 safety evaluation in patients with type 2 diabetes with renal impairment (LANTERN) study.

[Advanced Search](#)



# Figura 1-Distribución por tipo de estudio de las 65 referencias clave. Actualización GPC Diabetes



■ Revisión sistemática

■ Ensato clínico

■ Regla de predicción

■ Pronóstico

■ Diagnóstico

# Evaluación de Evidence Updates por tipos de estudio en las 65 referencias clave de la GPC Diabetes/Osakidetza 2013

Tipo de estudio	No	SI	Total
RS	17 (50 %)	17 (50 %)	34
ECA	3 (60 %)	2 (40 %)	5
RPC	1 (100%)	0 (0%)	1
Pronóstico	18 (90 %)	2 (10 %)	20
Diagnóstico	4 (80)	1 (20 %)	5
<b>Total</b>	<b>43(66.15 %)</b>	<b>22(33,85%)</b>	<b>65</b>



los Comenzar a usar Firefox Mail euskaltel GMAIL

J Nephrol (27)  
J Ophthalmol (32)  
niology (39)  
n Intern Med (111)  
ch Intern Med (35)  
ch Ophthalmol (12)  
therosclerosis (133)  
ochem Biophys Res Commun (88)

MJ (262)  
J Ophthalmol (57)  
rculation (85)  
n Chem (30)  
abet Med (803)  
abetes (3307)  
abetes Care (1812)  
abetes Educ (215)  
abetes Obes Metab (357)

abetologia (680)  
r J Endocrinol (104)  
pertension (31)  
vest Ophthalmol Vis Sci (195)

Am Coll Cardiol (73)  
Am Coll Nutr (15)  
Am Soc Nephrol (56)

Autoimmun (20)  
Biol Chem (59)

Clin Endocrinol Metab (341)

Clin Invest (44)  
Diabetes Complications (494)  
Exp Med (3)  
Hypertens (57)  
mmunol (57)  
Nutr (39)

## 2.1. Account Information

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Affiliation:

## 2.2. Location

Country:

 Select country

City:

## 2.3. Profession Information





# REDES SOCIALES: Para compartir, investigar, publicar...



## Top 100 Tools for Learning 2011



2012!  
2013!

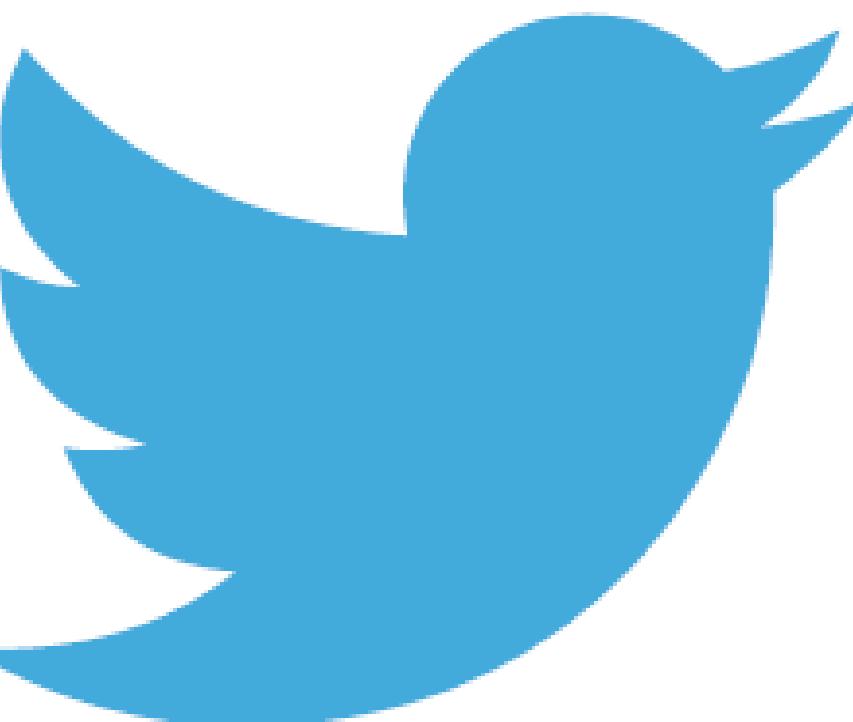
Compiled by Jane Hart  
Centre for Learning & Performance Technologies  
[www.C4LPT.co.uk](http://www.C4LPT.co.uk)

<http://c4lpt.co.uk/top100tools/>

Ranking	Tool	Change since 2012
1	<a href="#">Twitter</a>	Social network and micro-blogging site same
2	<a href="#">Google Drive/Docs</a>	Office suite & file storage service up 1
3	<a href="#">YouTube</a>	Video-sharing site down 1
4	<a href="#">Google Search</a>	Web search engine same
5	<a href="#">PowerPoint</a>	Presentation software up 3
6	<a href="#">Evernote</a>	Productivity tool up 6
7	<a href="#">Dropbox</a>	File storage & synchronization down 1
8	<a href="#">WordPress</a>	Blogging/website tool down 3
9	<a href="#">Facebook</a>	Social network same
10	<a href="#">Google+ &amp; Hangouts</a>	Social networking & video meetings up 7
11	<a href="#">Moodle</a>	Course management system same
12	<a href="#">LinkedIn</a>	Professional social network up 11
13	<a href="#">Skype</a>	Text and voice chat tool down 6
14	<a href="#">Wikipedia</a>	Collaborative encyclopaedia down 4
15	<a href="#">Prezi</a>	Presentation creation and hosting service down 1
16	<a href="#">Slideshare</a>	Presentation hosting service down 3
17	<a href="#">Word</a>	Word processing software up 2
18	<a href="#">Blogger/Blogspot</a>	Blogging tool down 3
19	<a href="#">Feedly</a>	RSS reader/aggregator NEW
20	<a href="#">Yammer</a>	Enterprise social network same



## Análisis preliminar



Poca participación de Sociedades científicas y Profesionales de la salud

Número de páginas/portales de dudosa fiabilidad

Medio muy importante si se quiere mantener un congreso social donde cuente la conversación y la opinión.

Hoy en día también cuenta la manera “el medio” de como comunicamos.

Se pueden agregar twitts con el agregador  
<https://tweetdeck.twitter.com/>



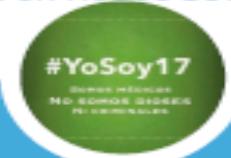
INFORME JANSSEN OBSERVER

# DIABETES EN REDES SOCIALES



<http://www.janssen.es/janssen-observer>

## Diabetes en Redes Sociales



**Noticias Medicas**  
@NoticiasMedicas

120.369  
SEGUIDORES

24.531  
AMIGOS

MEDIO



**M. de Sanidad**  
@sanidadgob

68.452  
SEGUIDORES

507  
AMIGOS

GOBIERNO



**Diario Medico**  
@diariomedico

56.947  
SEGUIDORES

462  
AMIGOS

MEDIO



**Salud en la Red**  
@saludenlared

17.544  
SEGUIDORES

10.939  
AMIGOS

MEDIO

	CUENTA	SEGUD.	AMIGOS	CATEGORÍA
5	@infdiabetesfed	12.592	450	A. PACIENTES
6	@espacientes	11.957	1.874	A. PACIENTES
7	@mrsrosaperez	8.411	8.460	PERSONAL
8	@semfyc	8.302	363	INSTITUCIÓN
9	@anisalud	7.127	1.095	INSTITUCIÓN
10	@diabetesbysalud	6.307	500	MEDIO
11	@forumclinic	5.789	3.367	INSTITUCIÓN
12	@fundiabetes	5.682	357	A. PACIENTES
13	@fede_diabetes	5.030	1.880	A. PACIENTES
14	@elgringoinspain	4.958	2.551	PERSONAL
15	@esdiabetesHF	3.057	668	A. PACIENTES
16	@doctormolins	2.801	855	DOCTOR
17	@diabetesmadrid	2.359	602	A. PACIENTES
18	@diabetesinfoesp	2.221	2.255	MEDIO
19	@socialdiabetes	2.099	1.072	EMPRESA
20	@365diabetes	1.763	1.200	A. PACIENTES

	CUENTA	SEGUD.	AMIGOS	CATEGORÍA
21	@webdm1	1.179	607	PERSONAL
22	<b>@redgdps</b>	<b>966</b>	<b>523</b>	<b>INSTITUCIÓN</b>
23	@c_dmedical	940	606	INSTITUCIÓN
24	@m_maderuelo	740	1.122	PERSONAL
25	@medtronices	737	690	EMPRESA
26	@midabeteson	737	258	A. PACIENTES
27	@Drjorgesolano	728	2.001	DOCTOR
28	@angelramire	714	264	MEDIO
29	@avdiabetes	711	477	A. PACIENTES
30	@vivircdiabetes	649	303	INSTITUCIÓN
31	@ladiabetesnet	644	61	MEDIO
32	@adcbarcelona	567	813	A. PACIENTES
33	@ciberdem	563	106	INSTITUCIÓN
34	@dtiteam	539	948	A. PACIENTES
35	@estebanjodar	470	121	DOCTOR
36	@asdipas	450	746	A. PACIENTES

# 1

Los usuarios de la comunidad de diabetes no utilizan Twitter para compartir temas muy específicos de salud sino más bien para informarse y comentar eventos y aspectos relacionados con **estilos de vida** y la enfermedad.

# 2

Es un **contenido diferente respecto al que predomina en los medios de comunicación clásicos**, donde los temas más comunes son: incidencia, desconocimiento, tratamiento, costes, cumplimiento, riesgo cardiovascular, tiras de glucemia, denuncias de pacientes.

# 3

**El tratamiento farmacológico no es un tema de debate en RRSS.**

No se reproduce en RRSS la amplia actividad en el entorno offline de la industria farmacéutica: nuevos medicamentos, campañas de concienciación, estudios sobre hábitos de vida, jornadas de formación y debate...

# 4

De hecho, **la mayoría de las compañías farmacéuticas que comercializa productos para la diabetes no tiene cuentas en Twitter ni en Facebook en España** y muy pocas aparecen en la red de páginas sobre diabetes en Facebook.

s redes no se hace diferencia  
rma expresa entre la diabetes  
y la 2, pese a ser dos  
medades distintas y estar  
situadas, por tanto, de  
tegias distintas. Esa  
deración errónea como  
"enfermedad única" dificulta  
izar los objetivos marcados  
la diabetes 2.

abetes es un contenido  
agonista en la red Twitter (el  
ndo tras el cáncer/tumores)  
genera escasa conversación  
de la comunidad diabética y  
poca participación de los  
esionales, incluidos los que son  
encia en los medios de  
unicación tradicionales. La falta  
leres 2.0 interesados en  
etes o de HT de encuentro  
en contribuir a esa falta de  
versación.

### 3

Es aconsejable que los Grupos de Diabetes de las sociedades científicas tengan presencia en redes sociales para llegar a la población con mensajes de prevención y ayuda, adaptados pero sin perder rigor.

### 4

En el momento actual, no hay un escenario propicio para que los pacientes mayores con diabetes tipo 2 encuentren herramientas de ayuda válidas en las redes sociales.

### 5

Redes como Twitter o Facebook son una oportunidad –por ahora desaprovechada- para llegar a segmentos de población que habitualmente no están en contacto con el sistema sanitario.

### 6

La mejor inversión en beneficio del paciente sería la difusión de mensajes positivos en las redes, es decir, centrados en ventajas de un control adecuado, como mayor calidad de vida o un incremento de la esperanza de vida.

### 7

Es recomendable probar nuevas formas de llegar a los diabéticos tipo 2 prescribiendo videos, links, etcétera.

## #diabetes

Destacados En directo Cuentas Fotos Videos Más opciones ▾

## ¿Eres nuevo en Twitter?

¡Regístrate ahora para obtener tu propia cronología personalizada!

[Regístrate](#)

## Tendencias

Celta  
Spirit  
#CaminemJunts  
Jackie Collins  
#PorUnMundoSin

#GreekElections  
#DomingoDeGan  
#FestadelaRosa  
Feliz Domingo  
#UPEight



Amer. Diabetes Assn. 

@AmDiabetesAssn

Leading the fight to #StopDiabetes and its deadly consequences, and fighting for all those affected by #diabetes. En Español: @AmerDiabetesESP



Diabetes UK

@DiabetesUK

We are the leading UK charity that cares, connects and campaigns for people affected by and at risk of diabetes. Tweets answered between...



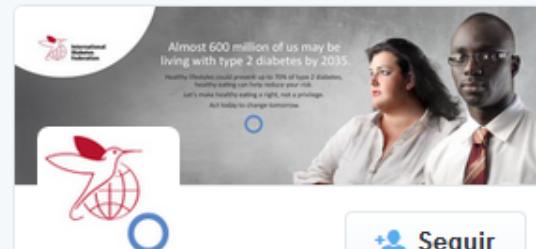
World Diabetes Day 

@WDD

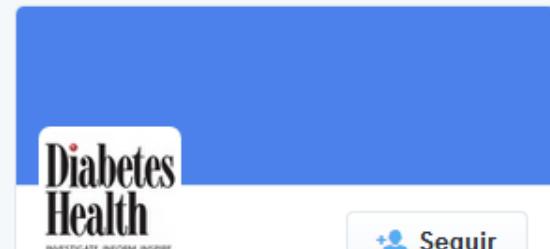
World Diabetes Day is marked every year on November 14. The campaign is led by the International Diabetes Federation.



Natl Diabetes Ed



Int. Diabetes Fed.



#DiabetesHealth

# Recomendaciones/Conclusiones

- Si tienes poco tiempo y te planteas preguntas de manejo habitual en consulta, utiliza UpToDate o Dynamed para responderlas.
- Si quieres estar actualizado sobre las últimas publicaciones más interesantes subscríbete a alertas de Evidence Updates y si quieres ampliar en tu campo elige más publicaciones en Amedeo.
- Si quieres estar al día de una forma personalizada créate tu propia web con un agregador de RSS como Feedly o Netvibes con tus fuentes favoritas
- Si tu puesta al día , contempla el contenido social y la conversación y no sólo el contenido, realízalo a través de twitter con el agregador Tweetdeck



**redGDPS**  
Red de Grupos de Estudio de la Diabetes  
EN ATENCIÓN PRIMARIA DE LA SALUD