Epocrates Essentials
(iPhone/iPod/iPad Version 4.0)

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Epocrates Essentials

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Epocrates is the most popular PDA product among practicing physicians today. The basic product is free and comes in Palm, Windows Mobile, iPhone, Blackberry, and Android versions. Here we will cover the information that is in both the free version (Rx) and Essentials in the iPhone version which will run on an iPod Touch and iPad as well. We provide all faculty, residents and students Epocrates Essentials.

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Searching Epocrates
The search box at the top of the screen searches all parts of the content in Epocrates including the drugs, diseases, labs, tables, and calculators.

Browsing Epocrates
Tap the icon for the section you wish to browse. Drugs are listed by class, diseases by system. You can also search just that content by the search box at the top.

Return to Main Page
Tap the little in the top right corner to return to the main screen.

Updating Epocrates
Swipe to the left to get to the Settings screen. Then tap Updates. While connected to a wireless network, Epocrates will update.

Tools
As they are created, Epocrates developers are releasing nice tools like the STAT Cholesterol tool for managing hyperlipidemia. As you install these from the App Store, their icons appear on the second and third screens.

Abbreviations
Find a handy list of the Abbreviations used in Epocrates under the Help menu which is on the Settings screen.
Epocrates iPhone — Drug Information

When you start Epocrates, there is a logo page with search box at the top. Tap the Drugs icon (Figure 1). The list of Drug Classes will come up with a Search Drugs box at the top. (Figure 2) Type in the first few letters of the drug you want to look up in the search box. (Figure 3) Pick the one you want from the list by tapping on it.

Let's look at Prozac. When the drug comes up, it shows you an index page of the sections of the monograph. (Figure 4) Scroll down with your finger to find what you need. (Figure 5) If you choose Manufacturing/Pricing, this is what you will see (Figure 6). Explore each of these categories and become familiar with the type of information to be found there.

Add To Favorites

When you see the star at the bottom of the screen, you can tap it to add the topic to your favorites, which can then be accessed from the Favorites icon (right).
Epocrates PDA—continued

Alt Meds and OTC — Epocrates Rx also contains drug information on a limited number of **Alternative Medicines** and **OTC medications**. The Alt Meds and OTC meds are in the Rx table with an icon that identifies them as OTC or ALT. (Figure 7) The categories for Alt Meds (Figure 8) and for OTC medications (Figure 9) are different from the prescription drug categories.

**Epocrates Dosage Calculator**

For **pediatric** and **IV drug**, Epocrates has a built-in dosage calculator. When a drug dosage is reported in **mg/kg/d**, there will be a calculator to the right of the indication. Tap the button, you get a choice of dosages. Tap the dosage you want and the dosage calculator will come up. Enter the dose amount, patient’s weight and the frequency of dosing, then tap **Results**. If liquid is available, you can also complete the strength. The amount per dose pops up as you type in the amounts.
Drug Interaction Tool in Epocrates iPhone

The Drug Interaction Tool in Epocrates is found by tapping on the Interaction Check icon. The purpose of this tool is to look to see if any of the drugs your patient is taking interact adversely. You should check to see if the drug you are considering prescribing interacts with any of the drugs the patient is on. When you start this tool, it opens the view in Figure 1. Tap the + sign to start adding drugs. One by one you will select and add each drug in the patient’s medications list. Then you will run MultiCheck. Here are the steps:

1. Find a drug on the patients medications list (Figure 2) and tap on it to start your list. (Figure 3)

3. Tap the + again. Continue adding drugs including the prescription you are considering and any Alternative Meds that patient is taking.

4. When all are there, (Figure 4) tap View. You can choose to look at the interactions by drug or All Interactions shown in Figure 5.

5. Tap on each interaction to read an explanation of the interaction with recommendations. (Figure 6) Tap All Interaction to go back and add more drugs to your preexisting list. Click the little e to return to Epocrates.
Epocrates Formulary Tool

Both the Web and PDA versions of Epocrates have the formulary information available. On the PDA/iPhone version, you must select the formularies you want to download into the PDA to limit memory. Go to www.epocrates.com and click on My Account. Select your Formularies there, then sync your device.

In this case (CHP Preferred) the drug is either tier 1, 2 or 3. You can also change formularies inside the drug monograph by tapping on Formulary and choose a different payer.

Codes Vary by Insurer
1 = Tier 1, Low copay
2 = Tier 2, intermediate copay
3 = Tier 3, high copay
GP = Generic Preferred; brands not covered or higher copay
NC = Not covered
Pill Identifier

Epocrates iPhone
Select the Pill ID icon and enter the information you have. Pictures are also provided. The pictures are not actually stored on the iPhone. They are pulled from the web, so you need an internet connection, either 3G or wi-fi to see the pictures.

Select the Pill ID icon and enter the information you have. Pictures are also provided. The pictures are not actually stored on the iPhone. They are pulled from the web, so you need an internet connection, either 3G or wi-fi to see the pictures.

Pick shape, color, etc. If imprint readable, type it in.

When you have entered all the available information, if there are matches, the View button turns green.

Scroll through results until you find your pill. Tap the name to go to monograph.
Epocrates Essentials includes a disease quick reference which contains the content from BMJ that has evidence based recommendations and nice images. The Epocrates developers have made it highly convenient in that it links drugs to the Rx section so that a series of questions on one topic can be answered in a minimum number of taps. The main index will feel very familiar. The iPhone version has a lot of moving forward and going back. The pictures are not actually stored on the iPhone. They are pulled from the web, so you need an internet connection, either 3G or wifi to see the pictures.

**Sections List**
- **Highlights & Basics**—description, genetics, incidence and prevalence, predominate age, risk factors, age-related factors, complications, prognosis, associated conditions.
- **Differential Diagnosis**
- **Hx/Exam**
- **Tests**
- **Tx Options**—setting, general measures, surgical measures, activity/diet, patient education, medications, prevention.
- **Follow-Up**
- **Citations**
- **Image Library**

**Notes** — There is a little icon in the bottom right corner that allows you to annotate the
Epocrates Essentials Lab Tab

Epocrates Lab provides only laboratory test information, but they include Panels, which the students, unfamiliar with what is on a specific panel, find very useful. You can look up a test by name or look up the panel and pick tests from the list of tests on the panel. Included in the content on each test under Basics is a list of panels in which this test is normally included. Cost information is very specific including the cost of both the individual test and the various panels it is in. The ICD-9 codes for those diseases for which most payers will cover the lab test are provided under the Cost/Billing section.

You can also Browse the Lab by Panel Types to see the labs in each panel.

Exercise for Practice
A basic metabolic panel reveals that a 30 year old man suffering from bipolar disorder has a serum calcium level of 10.9 mg/dL. He is taking lithium and valproate. Could his medications be a factor?

Interpretation is linked to the Rx drug monographs and Dx disease reference sections of Essentials Click on the > symbol to bring up a page containing interpretation for that Dx. Use button at top to go Back.

Under Cost/Billing are Commonly Associated ICD-9 codes to help in coding for ordering the labs.
Infectious Disease Treatment Selector

Epocrates ID Tool

This is only currently available on the PDA version of Epocrates Pro and Essentials in all formats. The icon for the Infectious Disease Tool (ID) in Epocrates can be found on the main screen. This is a guide to antibiotics for specific microbes and diseases. When you start the ID tool you see a list of systems. (Figure 1)

You can answer a clinical question on the best antibiotic for an infection by looking up the condition. Type in the condition and pick from the list. (Figure 2)

Recommendations are provided empirically, then specifically for each known microbe. There is also additional information provided on the condition.

Empiric. (Figure 3) Using community acquired pneumonia, see the empiric recommended antibiotic.

Specific. (Figure 4) Under specific are the recommendations for each microbe, if you have culture results.

Info. (Figure 5) Notes on the disease and treatment are under Info.

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Figure 1

Figure 2

Figure 3

Figure 4

Figure 5
On the iPhone and other platforms, Epocrates has included the popular MedMath calculators. There aren’t many calculators in MedMath, which is why we recommend that students download Archimedes or use the calculators in PEPID and Essential Evidence Plus. See the list of calculators in MedMath below.

**Epocrates Essentials PDA Calculators**

- **A-a O2 Gradient**
- **Absolute Neutrophil Count**
- **Anion Gap (Serum)**
- **Anion Gap (Urine)**
- **Body Mass Index (Quetelet’s index)**
- **Body Surface Area (Du Bois Method)**
- **Body Surface Area (Gehan & George)**
- **Corrected QTc**
- **Corrected Serum Calcium**
- **Corrected Serum Sodium**
- **Creatinine Clearance (Cockcroft-Gault)**
- **Creatinine Clearance (measured)**
- **Dosing Calculator**
- **Fractional Excretion of Sodium**
- **GFR Estimation using the MDRD Equation (Modification of Diet in Renal Disease Study Group)**
- **Ideal Body Weight (Devine)**
- **Ideal Body Weight (Robinson)**
- **LDL Cholesterol**
- **Mean Arterial Pressure**
- **Osmolality (serum)**
- **Parkland Formula**
- **Peak Flow (predicted)**
- **Pediatric Maintenance Fluids**
- **Pregnancy Tool**
- **Unit Converter**
- **Water Deficit**
- **Winter’s Formula**

**Exercises for Practice**

What is the body mass index and ideal body weight for a 38 year old woman who is 5’2” and weighs 138 lbs? Is she overweight?
Tables in Epocrates

Tables are text-based information added to Epocrates at the suggestion of their users. The information is extremely valuable for decision support, but the lack of links back to the drug and disease information is aggravating. The list of tables provided is below.

**Tables**
- ACEI Dose Comparison
- ACLS: ABCD Maneuvers
- ACLS: Asystole/PEA
- ACLS: Bradycardia
- ACLS: Rapid Sequence Intubation
- ACLS: Tachycardia, Stable Narrow Complex
- ACLS: Tachycardia, Stable Wide Complex
- ACLS: Tachycardia, Unstable
- ACLS: VF/Pulseless VT
- Analgesics: NSAID Subclasses
- Analgesics: Opioid Equivalents
- Antiarrhythmic Agents
- Apgar Score
- Beers Criteria: Dependent on Condition/Dx
- Beers Criteria: Independent of Condition/Dx
- Benzodiazepine Equivalents
- Controlled Substances Schedules
- Corticosteroid Equivalents
- Corticosteroids, Topical
- Discoloration, Feces
- Discoloration, Urine
- Endocarditis Prophylaxis, Adult
- Endocarditis Prophylaxis, Pediatric
- FDA Adverse Event Reporting
- Formulas, Cardiac
- Formulas, General
- G6PD Deficiency
- Glasgow Coma Scale, Adult
- Glasgow Coma Scale, Pediatric
- H. pylori Treatment
- HIV Postexposure Prophylaxis, Non-occupational
- HIV Postexposure Prophylaxis, Occupational
- HIV Tx Regimens, Adult/Adolescent
- HIV Tx Regimens, Pediatric
- HTN Rx in CV Disease
- HTN Rx in non-CV Disease
- Influenza A H1N1 2009 (Swine Flu) Guidance
- Inhaled Corticosteroid Dose Comparison, Adult
- Inhaled Corticosteroid Dose Comparison, Pediatric
- Inhaler Colors
- INR Targets: Atrial Fib/Flutter
- INR Targets: Ischemic Stroke or MI
- INR Targets: Valve Replacement - Bioprosthetic
- INR Targets: Valve Replacement - Mechanical
- INR Targets: Valvular Dz
- INR Targets: Venous Thromboembolism (VTE)
- Insulin Comparisons
- Lab Values, Normal Adult
- Lipid Lowering Agents
- Local/Topical Anesthetics
- Malignant Hyperthermia Tx
- NALS/NRP: Neonatal Resuscitation
- OCP Hormonal Activity
- Ocular Product Color Codes
- PALS: ABCD Maneuvers
- PALS: Asystole/PEA
- PALS: Bradycardia, Unstable
- PALS: Tachycardia, Sinus Unstable
- PALS: Tachycardia, SVT Unstable
- PALS: Tachycardia, VT Unstable
- PALS: VF/Pulseless VT
- Pancreatic Enzyme Product Comparison
- Photosensitizing Agents
- Post-Coital Contraception
- Pregnancy Risk Categories
- Sulfonamide Allergy
- Therapeutic Drug Levels
- Thrombolytic Criteria, MI
- Toxicology: Antidotes
- Vaccinations, Adult
- Vaccinations, Pediatric
- Vaccinations, Peds Accelerated <7 yo
- Vaccinations, Peds Accelerated >7 yo
- Vaccinations, Peds Intervals
- Vaccinations, Travel
- Vital Signs, Normal
- Warfarin: Overanticoag. Mgmt

**General Formulas**
- \[ A = 148 \times 1.2 \times \frac{PCO_2 - PaCO_2}{10-20} \text{ mm Hg at sea level} \]
- \[ AG = NH \times CI \times HCO_3^-; 10 = 10-14 \text{ mEq/L} \]
- \[ BSA = \text{square root of} \left( \frac{\text{ht} (cm) \times \text{wt} (kg)}{3600} \right) \]
- \[ \text{[calcium, corrected]} \]

**Special Note**
- \[ \text{[pharmacokinetic properties for SC admin. unless otherwise noted]} \]
  - rapid-acting
    - \[ \text{[insulin aspart]} \]
    - onset <0.25h, peak 1-3h, duration 3-5h; mixes w/ NPH
  - \[ \text{[insulin glargine]} \]
    - onset <0.5h, peak 0.5-1.5h, duration 24h; mixes w/ NPH; do not mix in pump

**Formulas, General**
- w/ nl limits

**Inhaled Corticosteroid Dose Comparison**
- Adult
- Pediatric

**Inhaler Colors**

**INR Targets**
- Atrial Fib/Flutter
- Ischemic Stroke or MI
- Valve Replacement - Bioprosthetic
- Valve Replacement - Mechanical
- Valvular Dz
- Venous Thromboembolism (VTE)

**Insulin Comparisons**

**Lab Values**
- Normal Adult

**Lipid Lowering Agents**

**Local/Topical Anesthetics**

**Malignant Hyperthermia Tx**

**NALS/NRP: Neonatal Resuscitation**

**OCP Hormonal Activity**

**Ocular Product Color Codes**

**PALS: ABCD Maneuvers**

**PALS: Asystole/PEA**

**PALS: Bradycardia, Unstable**

**PALS: Tachycardia, Sinus Unstable**

**PALS: Tachycardia, SVT Unstable**

**PALS: Tachycardia, VT Unstable**

**PALS: VF/Pulseless VT**

**Pancreatic Enzyme Product Comparison**

**Photosensitizing Agents**

**Post-Coital Contraception**

**Pregnancy Risk Categories**

**Sulfonamide Allergy**

**Therapeutic Drug Levels**

**Thrombolytic Criteria, MI**

**Toxicology: Antidotes**

**Vaccinations, Adult**

**Vaccinations, Pediatric**

**Vaccinations, Peds Accelerated <7 yo**

**Vaccinations, Peds Accelerated >7 yo**

**Vaccinations, Peds Intervals**

**Vaccinations, Travel**

**Vital Signs, Normal**

**Warfarin: Overanticoag. Mgmt**