



高质量医学视频平台Osmosis 支持青年医生学习和规培

我们的使命是为全世界的临床医生和护理人员提供最好的学习体验。



Osmosis使用场景



学习

复习

自测

注册:

点击医科院图书馆官网的数据库导航栏目下 Osmosis 产品链接

The screenshot shows the 'Database Navigation' section of a library website. At the top, there are navigation links: '首页' (Home), '期刊导航' (Journal Navigation), '图书导航' (Book Navigation), and '数据库导航' (Database Navigation). A search bar contains the text 'osmosis'. Below the search bar, there are six filter buttons: '学科主题' (Subject), '数据库类型' (Database Type), '文献类型' (Literature Type), '开通范围' (Access Scope), '数据库语种' (Database Language), and '所有字母' (All Letters). The main content area displays '共 2 个数据库' (Total 2 databases) and a table with the following data:

数据库名称	学科主题	数据库类型	文献类型	开通范围	指南
Osmosis 医学在线教学平台 (学生版)	医学综合	教育数据库	视频、考试题、其他	全院	
Osmosis 医学在线教学平台 (教师版)	医学综合	教育数据库、多媒体数据库	视频、考试题、其他	全院	

要求使用医科院及下属院所机构域名的邮箱注册: (注册成功后方可使用)

如: @ pumc.edu.cn/@ student.pumc.edu.cn/ @ ibms.pumc.edu.cn/ @ nursing.pumc.edu.cn/@ imicams.ac.cn
@ ipbcams.ac.cn/@ imc.pumc.edu.cn/@ cnilas.org/@ pumch.cn/@ fuwai.com//@ fuwaihospital.org/@ cicams.ac.cn
@ psh.pumc.edu.cn/@ ihcams.ac.cn/@ pumcderm.cams.cn/@ imm.ac.cn/@ imb.pumc.edu.cn/@ implad.ac.cn
@ irm-cams.ac.cn/@ imbcams.com.cn/@ bme.org.cn/@ ism.cams.cn/@ ibt.pumc.edu.cn

Welcome back, Shangrong!

🔍 Search for a topic...

View all topics ▾

Daily Practice Beta [\(share your feedback\)](#)



3 questions · 12 XP ⓘ



Anatomy

Start quiz

Weekly leaderboard 06/19 - 06/26

XP

1	AT	Aziz T.	63
2	PN	Patrick N.	61
3	JS	Jonah S.	58

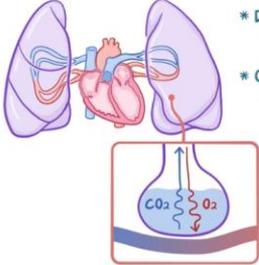
[See more](#)

Heart failure: Pathology review 33,792 views

Foundational Sciences > Pathology > Cardiovascular system > Cardiovascular system pathology review
Also appears in ▾

CASE STUDY
PATHOLOGY
SYSTOLIC H.F.
DIASTOLIC H.F.
LEFT H.F.
RIGHT H.F.
TREATMENT
REVIEW
SUMMARY

SYMPTOMS LEFT HEART FAILURE



- * **DYSPNEA**
~ TROUBLE BREATHING ★ HIGHEST YIELD
- * **ORTHOPNEA**
- DIFFICULTY BREATHING when LYING DOWN
↳ ↑ blood backing up into pulmonary circulation ★ HIGHEST YIELD
- * **PAROXYSMAL NOCTURNAL DYSPNEA**
- SLEEP USING MORE PILLOWS to KEEP BODY ELEVATED
↳ ↓ venous return, ease lung congestion

OSMOSIS.org
2021 Edition

7:01 / 15:40

超过2,200个教学视频

- 生理与病理机制视频
- 基于病例的疾病发生发展视频
- 基于临床的临床操作视频

内置复习资料与考题

- 图文并茂的高效复习笔记
- 16,000+ 记忆卡片 循环复习
- 7,200+ 病例式题型

系统分类 基础医学-器官系统-临床轮转

Topics x Search for videos and notes

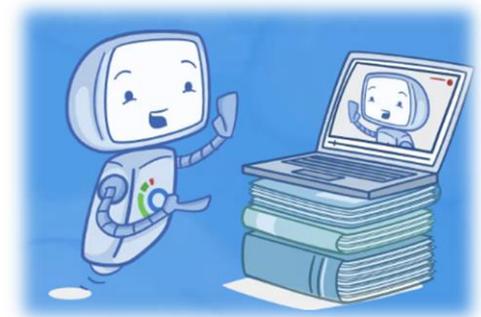
Foundational Sciences	Organ Systems	Clinical Rotations And Board Exam Review
Anatomy	Cardiovascular system	Dermatology
Behavioral sciences	Endocrine system	Emergency medicine
Biochemistry and nutrition	Eyes, ears, nose and throat	Family medicine
Biostatistics and epidemiology	Gastrointestinal system	Internal medicine
Cellular and molecular biology	Hematological system	Neurology
Embryology	Immune system	Obstetrics and gynecology
Genetics	Integumentary system	Pediatrics
Histology	Musculoskeletal system	Psychiatry
Microbiology	Nervous system	Surgery
Pathology	Renal system	
Pharmacology	Reproductive system	
Physiology	Respiratory system	

Featured Series

- Clinical skills
- COVID-19 resources
- Making learning musical!
- Pre-med
- Raise the Line podcast

Core Competencies

- Interpersonal and communication skills
- Learning science
- Patient care
- Professionalism



基础-器官系统-临床 相互交叉

Anatomy

- Anatomy clinical correlates
- Lower limb
- Anatomy
- Anatomy clinical correlates
- Upper limb
- Anatomy
- Anatomy clinical correlates
- Neck
- Anatomy
- Anatomy clinical correlates
- Head
- Anatomy
- Anatomy clinical correlates
- Brain
- Neuroanatomy
- Anatomy clinical correlates
- Cranial nerves
- Anatomy

Introduction to anatomy

- Introduction
- Brain
- Spinal cord
- Cranial nerves
- Peripheral nerves

Embryology

Histology

Physiology

- Anatomy and physiology
- Somatic nervous system
- Autonomic nervous system
- Hypothalamus
- Cerebellum
- Basal ganglia
- Higher order brain functions

Pathology

- Central nervous system disorders
- Central and peripheral nervous system disorders
- Peripheral nervous

Anatomy 0%

Introduction

- Introduction

Brain

- Anatomy
- Bones of skull
- Brainstem
- Cerebrum
- Cerebellum
- Dura mater
- Basal ganglia
- Brainstem
- Cerebrum
- Cerebellum
- Dura mater
- Basal ganglia
- Brainstem
- Cerebrum
- Cerebellum
- Dura mater
- Basal ganglia

Neurology

Anatomy clinical correlates

Pharmacology

- Autonomic medications
- Anticonvulsants
- Migraine medications
- Neurodegenerative disease medications
- Other medications

Neurology 14 topics

- Stroke: Clinical practice
- Seizures: Clinical practice
- Headaches: Clinical practice
- Dizziness and vertigo: Clinical practice
- Dementia and delirium: Clinical practice
- Hyperkinetic movement disorders: Clinical practice
- Hypokinetic movement disorders: Clinical practice
- Muscle weakness: Clinical practice
- Disorders of consciousness: Clinical practice
- Brain tumors: Clinical practice
- Meningitis, encephalitis and brain abscesses: Clinical practice
- Lower back pain: Clinical practice
- Spinal cord disorders: Pathology review
- Traumatic brain injury: Clinical practice

基础-器官系统-临床 相互交叉

分享

基础科学
解剖学

器官系统
神经系统

临床轮转和董事会考试复习
神经病学

解剖学导论

胸部

解剖学

解剖临床相关

腹部

解剖学

解剖临床相关

骨盆和会阴

解剖学

解剖临床相关

后躯

解剖学

解剖临床相关

下肢

解剖学

解剖临床相关

上肢

解剖学

解剖临床相关

脖子

解剖学

解剖临床相关

解剖学导论



骨骼学

也出现在



肌肉学

也出现在



躯体系

也出现在



中枢系

也出现在

胸部

解剖学



胸壁学

也出现在



胸壁学

也出现在



胸膜学

也出现在

解剖学

介绍

脑

脊髓

脑神经

周围神经

胚胎学

组织学

生理

解剖学和生理学

躯体神经系统

自主神经系统

下丘脑

小脑

基底神经节

高阶大脑功能

病理

中枢神经系统疾病

中枢和周围神经系统疾病

周围神经系统疾病

自主神经系统疾病

神经系统病理学复习

药理

解剖学 0%

介绍



躯体和自

也出现在

脑

解剖学



颅骨

也出现在



大脑皮层

也出现在



颅脑膜

也出现在



基底神经

也出现在



边缘系

也出现在

神经病学

解剖临床相关

药理

自主药物

抗惊厥药

偏头痛药物

神经退行性疾病药物

其他药物

神经病学



中风：临床实践

也出现在



头痛：临床实践

也出现在



痴呆和谵妄：临床实践

也出现在



运动减退性运动障碍：临床实践

也出现在



意识障碍：临床实践

也出现在



脑膜炎、脑炎和脑脓肿：临床实践

也出现在



脊髓疾病：病理学回顾

也出现在



癫痫发作：临床实践

也出现在



头晕和眩晕：临床实践

也出现在



多发性运动障碍：临床实践

也出现在



肌肉无力：临床实践

也出现在



脑肿胀：临床实践

也出现在



腰痛：临床实践

也出现在



创伤性脊髓损伤：临床实践

也出现在

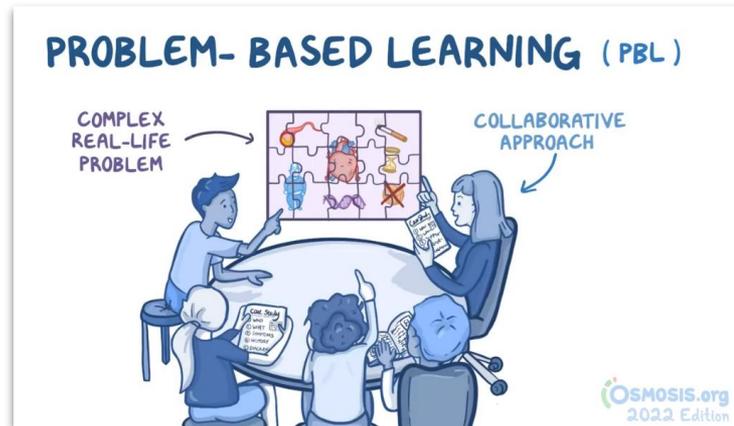
解剖临床相关

11个主题



特辑

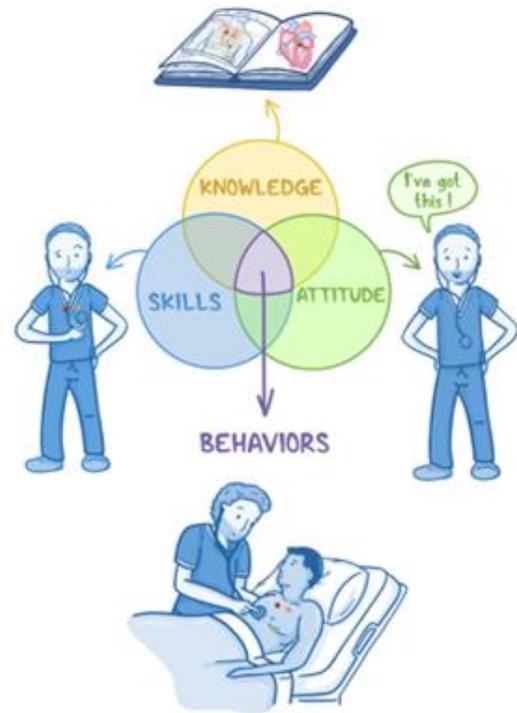
- 医患沟通技巧
- 临床操作
- 患者教育
- COVID-19
- 课程设计原理



课程设计理念

基于科学学习方法，提高知识转化效率：

- **系统化课程设计** 拆解知识，以视频形式刺激记忆
- **记忆卡片循环巩固** 间隔重复，根据艾宾浩斯曲线设计记忆卡片，帮助巩固长期记忆
- **自测题库助力考试** 病例式题目与详解，提高应试与诊疗水平
- **内置学习方法课程** 授人以渔，学会学习方法，提高学习能力



强化学习体验



动态视频讲解

The screenshot displays the OSMOSIS interface for a video titled "Rheumatic heart disease: Nursing Process (ADPIE)". The video player shows a diagram of the disease process, which includes the following components:

- CLIENT REPORT**
- PATHOLOGY**: A circular diagram with segments labeled A, D, P, E, I.
- SUMMARY REVIEW**
- RHEUMATIC FEVER**: Caused by **STREPTOCOCCUS PYOGENES**.
- PROTEINS**: Shown as purple structures.
- IMMUNE SYSTEM**: Represented by Y-shaped antibodies.
- ACTIVATE**: A process where a protein activates an **IMMUNE CELL**.
- INFLAMMATORY RESPONSE**: Leads to **TISSUE DESTRUCTION & FEVER**.
- OSMOSIS.org 2021 Edition**

The right sidebar contains a list of related topics under "Medical-surgical nursing" and "Cardiac system":

- Medical-surgical nursing
- Cardiac system
- Nursing process (ADPIE)
- Aortic aneurysm: Nursing Process (ADPIE)
- Coronary artery disease (CAD) and angina pectoris: Nursing Process (ADPIE)
- Hypertension: Nursing Process (ADPIE)
- Left-sided heart failure: Nursing Process (ADPIE)
- Myocardial infarction (STEMI):
- Assessments
- Rheumatic heart disease: Nursing Process (ADPIE)
- NCLEX Questions
- 0 / 12 complete

The transcript at the bottom reads: "Saarvi Kumar is a 17-year-old female client who recently immigrated from India. Saarvi has a history of recurrent rheumatic fever with the... She noticed she feels more tired than usual and started feeling short of breath during gym... for further evaluation. The cardiologist... day, and..."

主题时间轴
节点

课后测验

文字版字幕
PDF版笔记

实时字幕

强化学习体验



A screenshot of the OSMOSIS MedEd website interface. The top navigation bar includes the OSMOSIS MedEd logo, a search bar with the text "Search for videos and notes", and various utility icons like a globe (language set to "en"), a bell (notifications), a list icon, a lightning bolt (34), a user profile, a refresh icon (30), and a red "SH" button. Below the navigation bar, there is a section labeled "Also appears in" with a dropdown arrow. The main content area is mostly blank, with a video player at the bottom. The video player has a standard control bar with play/pause, stop, volume, and a progress bar. A watermark "OSMOSIS.org 2022 Edition" is visible in the bottom right of the video player. On the right side, a sidebar menu is open, showing a "Videos" tab selected. The sidebar content includes "Behavioral sciences", "Pharmacology" (with a dropdown arrow), a "Select all" checkbox, and a list of "Antidepressants" with play icons next to each item: "Selective serotonin reuptake inhibitors", "Serotonin and norepinephrine reuptake inhibitors", "Tricyclic antidepressants", and "Monoamine oxidase inhibitors".

强化学习体验：浏览器一键中文翻译



360极速浏览器

←无广推荐

OSMOSIS 医学教育

主题

搜索视频和笔记

思



抗惊厥药和抗焦虑药：苯二氮卓类

基础科学 > 行为科学药 > 理学 > 抗焦虑药和催眠药
也出现在

28,997 次观看

添加到播放列表



Back	Alt+Left arrow
Forward	Alt+Right Arrow
Reload	Ctrl+R
Save as...	Ctrl+S
Print...	Ctrl+P
Cast...	
Search images with Google	
Create QR code for this page	
Translate to 中文 (简体)	
DemoAir-Screen Recorder	
View page source	Ctrl+U
Inspect	

0:00 / 13:31

影片 笔记 成绩单

内容审阅者: Yifan Xiao, MD, Filip Vastijević, 医学博士

贡献者: Evan Debevec-McKenney, Robyn Hughes, MScBMC, Maria Emfietzoglou, MD, Brittany Norton, MFA, Alaina Mueller

苯二氮卓类药物是一类可作为中枢神经系统抑制剂的药物。

它们具有多种用途，包括抗焦虑作用或缓解焦虑；作为抗惊厥药，或治疗癫痫症；作为失眠的催眠药；作为麻醉剂；并治疗戒断综合症。

它们通过与其受体结合来增强主要抑制性神经递质 γ -氨基丁酸 (GABA) 的作用。

众所周知，您的大脑非常重要。它控制着您的感觉、你的动作、你的睡眠、你的记忆……它控制着一切，无论你是否意识到这一点。

构成我们大脑的细胞称为神经元。神经元通过神经递质相互交流。

当一个神经元受到刺激时，它释放神经

High-Yield Notes 高效笔记

https://www.osmosis.org/learn/Translation_of_mRNA

OSMOSIS from ELSEVIER MadEd

Topics Search for videos and notes

en

0:00 / 6:38

High Yield Notes

INFORMATION CARRIED within the RNA
↳ 3 LETTERS = 1 AMINO ACID

OH OH

(A) Initiation Elongation Termination and recycling

https://www.osmosis.org/notes/Transcription_Translation_and_Replication?page=2

11/02/22, 10:09 AM Transcription Translation and Replication Notes: Diagrams & Substitutions | Osmosis

TRANSCRIPTION

osms.it/transcription

- First step in creating protein from gene
- Gene read, copied on individual messenger RNA (mRNA)
- DNA unpacked from chromatin, undergoes dehelicalization
- Promoter region identifies starting point for transcription (e.g. TATA box)
- RNA polymerase shares hydrogen bonds between two strands → transcription bubble
- DNA polymerase follows template strand to assemble mRNA molecule (complementary to template strand)
- Hydrogen bonds reform on nucleotides already transcribed
- Termination sequences contains two complementary sequences → resulting mRNA binds with itself forming hairpin loop
- RNA polymerase detaches, DNA closes back up
- Polyadenylate polymerase adds 7' methyl guanosine cap to 5' polyadenine tail to 3' end of mRNA
- Spliceosomes remove introns (don't code proteins) to leave behind exons (do code proteins)
- Resulting mRNA processed by ribosome to create desired protein (translation)

PROCESS

- 1. PREPARATION**
RNA POLYMERASE
COON-STRAND
TRANSCRIPTION BUBBLE
- 2. HAIRPIN mRNA**
COON-STRAND
POLYADENINE TAIL
HAIRPIN LOOP
TEMPLE STRAND
- 3. TERMINATION**
mRNA DETACHES
HAIRPIN LOOP
- 4. mRNA MODIFICATION**
SPliceosome
EXONS
POLY-ADENINE TAIL
T-METHYL GUANOSINE (CAP)
POLYDENYLATE POLYMERASE

NOTES
Transcription Translation and Replication Notes: Diagrams & Substitutions | Osmosis

DNA STRUCTURE
DNA Structure
DNA Structure

MECHANISMS
MECHANISMS

DNA REPLICATOR
DNA REPLICATOR

354 OSMOSIS.ORG

OSMOSIS.org 2022 Edition

Print 15 sheets of paper

Destination elsbeip-dc3375 m on f

Pages All

Copies 1

Color Color

More settings



Flashcards 抽认卡-评估把握度、准确度

0 of 8

Most of the **lymph** is drained into the **thoracic duct** which returns the **lymph** into circulation via the junction between the left jugular and **subclavian vein**.

How did you do?

× Missed it Repeats in 1d

✓ Got it Repeats in 1d

Reverse order

The screenshot shows a web browser window with the URL https://www.osmosis.org/learn/Sample_size?from=/oh/foundational-sciences/biostatistics-and-epidemiology/epidemiology/study-design. The page displays a flashcard with a question about lymph drainage. Below the question are two buttons: a red 'Missed it' button and a green 'Got it' button, both indicating they repeat in 1 day. A 'Reverse order' button is at the bottom. The Osmosis logo is in the top left and bottom right.

Welcome back, Shangrong!

🔍 Search for a topic...

View all topics ▾

Daily Practice Beta [\(share your feedback\)](#)



3 questions · 12 XP ⓘ



Anatomy

Start quiz

Weekly leaderboard 06/19 - 06/26

XP

1	AT	Aziz T.	63
2	PN	Patrick N.	61
3	JS	Jonah S.	58

[See more](#)

每天3道题 巩固知识

A researcher is studying the effects of psoriasis on cardiac disease. He identifies 200 patients with psoriasis and 200 patients without psoriasis. The patients are followed for 10 years. At the end of this period, the participants' charts are reviewed for myocardial infarction during this time interval, and the results are shown below. What is the relative risk of myocardial infarction in participants with psoriasis?

	Myocardial infarction	No myocardial infarction
Psoriasis	12	188
No psoriasis	4	196

Elimination tool

- A. 3.0 Show explanation ▾ 48%
- B. 0.06 Show explanation ▾ 30%
- C. 0.75 Show explanation ▾ 6%
- D. 0.04 Show explanation ▾ 12%
- E. 0.50 Show explanation ▾ 3%

You did it! This is correct

6s

Major takeaway

Relative risk compares the probability of developing a disease between an exposed group and unexposed group.

Main explanation

Relative risk compares the probability of developing a disease between an exposed group and unexposed group. It is calculated as follows:

Relative risk (RR) = Probability of event in exposed population / Probability of event in unexposed population = $(a/(a + b))/(c/(c + d))$

$$RR = (12/200)/(4/200) = 3.0.$$

2 of 3

ment by pointing to it on the image below



You did it! This is correct

形成性测验-视频下相应习题

Toxidromes: Clinical (2018 edition)

9,532 views

Add to playlist



Clinical rotations and board exam review > Emergency medicine > Medical and surgical emergencies > Nephrology and urology > Nephrology and urology
Also appears in

Next steps

Test your knowledge

61 Questions
0 / 61 complete

Watch the next topic

Medication overdoses and toxicities...

Replay

How well did you understand this video?

31:01 / 31:01

Videos Notes Transcript

Emergency medicine

Medical and surgical emergencies

Select all

Cardiology, cardiac surgery and vascular surgery

Advanced cardiac life support (ACLS): Clinical (2018 edition)

Supraventricular arrhythmias: Pathology review

Ventricular arrhythmias: Pathology review

Heart blocks: Pathology review

Coronary artery disease: Clinical (2018 edition)

Heart failure: Clinical (2018

7200+道测验题目 帮助消化理解内容

Question Quiz Builder
Preclinical Questions

Foundational sciences

- Subjects
 - Behavioral sciences/Psychiatry 115
 - Biostatistics and epidemiology 60
 - Genetics 55
 - Introduction to microbiology 10
 - Introduction to pharmacology 9
 - Biochemistry and nutrition 109
 - Cellular and molecular biology 55
 - Introduction to embryology 36
 - Introduction to pathology 12

Organ systems

- Subjects
 - Anatomy 238
 - Histology 110
 - Pathology 879
 - Physiology 188
 - Embryology 19
 - Microbiology 194
 - Pharmacology 49

Organ systems

- Cardiovascular system 178
- Eyes, ears, nose and throat 79
- Hematological system 104
- Integumentary system 78
- Musculoskeletal system 149
- Renal system 114
- Respiratory system 152
- Endocrine system 113
- Gastrointestinal system 190
- Immune system 61
- Multisystem 46
- Nervous system 226
- Reproductive system 187

Question Quiz Builder
Clinical Questions

Foundational sciences

- Subjects
 - Biostatistics and epidemiology 60

Organ systems

- Specialties
 - Dermatology 12
 - Neurology 90
 - Psychiatry 11
 - Surgery 151
 - Medicine 241
 - Obstetrics and gynecology 15
 - Pediatrics 53

Organ systems

- Cardiovascular system 78
- Eyes, ears, nose and throat 30
- Hematological system 18
- Integumentary system 14
- Musculoskeletal system 57
- Psychiatry 10
- Reproductive system 47
- Endocrine system 38
- Gastrointestinal system 90
- Immune system 2
- Multisystem 31
- Nervous system 89
- Renal system 14
- Respiratory system 56



学科测验-自动链接至相关视频-形成知识网

A 45-year old male with a 30-year history of heavy alcohol consumption enters a residential rehabilitation program. To facilitate the process of alcohol abstinence and minimize the risk of seizures from withdrawal, the patient is prescribed a benzodiazepine. Which of the following treatment options is most appropriate?

Elimination tool

- A. Alprazolam
- B. Midazolam
- C. Triazolam
- D. Chlordiazepoxide

A 45-year old male with a 30-year history of heavy alcohol consumption enters a residential rehabilitation program. To facilitate the process of alcohol abstinence and minimize the risk of seizures from withdrawal, the patient is prescribed a benzodiazepine. Which of the following treatment options is most appropriate?

Elimination tool

- A. Alprazolam
Show explanation 24%
- B. Midazolam
Show explanation 24%
- C. Triazolam
Show explanation 15%
- D. Chlordiazepoxide
Show explanation 37%

You did it! This is correct

Major takeaway

To minimize the risk of seizures, Chlordiazepoxide,

Open

Chlordiazepoxide

Benzodiazepines, sometimes called "benzos", are a class of psychoactive drugs whose core chemical structure is the fusion of a benzene ring and a diazepine ring. Benzodiazepines enhance the effect of the neurotransmitter gamma-aminobutyric acid (GABA) at the GABA_A receptor, resulting in sedative, hypnotic (sleep-inducing), anxiolytic (anti-anxiety), anticonvulsant, and muscle relaxant properties.

of the answer choices (Triazolam, Alprazolam, and Midazolam) are short-acting, which increases the risk for abuse and makes them less desirable in a patient with a history of addiction.

学科测验-自动链接至相关视频-形成知识网

Settings

Anticonvulsants and anxiolytics: Benzodiazepines

Foundational Sciences > Behavioral sciences > Pharmacology > Anxiolytics and hypnotics
Also appears in

28,997 views

Add to playlist



BENZODIAZEPINES

* ACT AS A CENTRAL NERVOUS SYSTEM DEPRESSANT

~ ANXIOLYTICS

↳ RELIEVE ANXIETY

~ ANTI CONVULSANTS

↳ MANAGE SEIZURE DISORDERS

~ HYPNOTIC

↳ INSOMNIA

~ ANESTHETIC

~ TREAT WITHDRAWAL SYMPTOMS



* ENHANCING
GAMMA-AMINOBUTYRIC
ACID



OSMOSIS.org
2022 Edition

Videos

Notes

Transcript

Behavioral sciences

Pharmacology

Select all

Antidepressants

- Selective serotonin reuptake inhibitors
- Serotonin and norepinephrine reuptake inhibitors
- Tricyclic antidepressants
- Monoamine oxidase inhibitors
- Atypical antidepressants

Antipsychotics

- Typical antipsychotics
- Atypical antipsychotics

Mood stabilizers



0:29 / 13:31



You did it! This is correct

Osmosis总结



学习

- 生动视频
- 交叉分类
- 双语学习

复习

- 高效笔记
- 抽认卡

自测

- 每日3题
- 学科自测
- 形成知识网