



帳號註冊流程說明  
&  
介面功能快速指南

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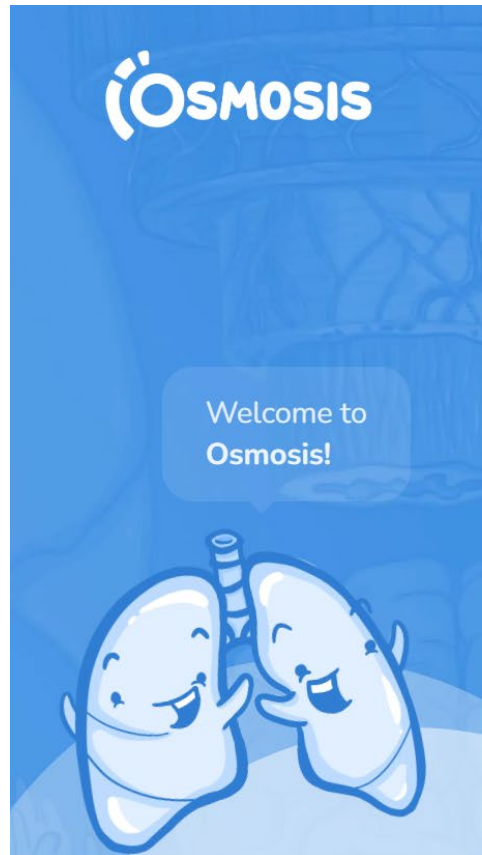
*Everyone who cares for someone will learn by Osmosis*



# 進入註冊網址(專屬中山大學的註冊網址)

進入註冊網址後，點選**Get Started**

<https://www.osmosis.org/cohort-invite?id=4774&k=dzUL75HLSIKRkscDw7UtrWZEqmGLRasJ>



National Sun Yat-sen University

Welcome to Osmosis!

You've joined Osmosis!

Go to Dashboard



# 進入註冊畫面(1分鐘內可完成)

**OSMOSIS**  
from ELSEVIER

**The best learning experience possible.**

Osmosis empowers students with our comprehensive video library combined with powerful study tools.

School email

Email

Password

Password

Sign in

Keep me signed in [I forgot my password.](#)

or

Don't have an account? [Sign up](#)

Have a school account? [Start here](#)

Enter email (School email preferred)

First or Preferred Name

Last Name

Password

Must be at least 8 characters and include one capital letter, symbol, or number.

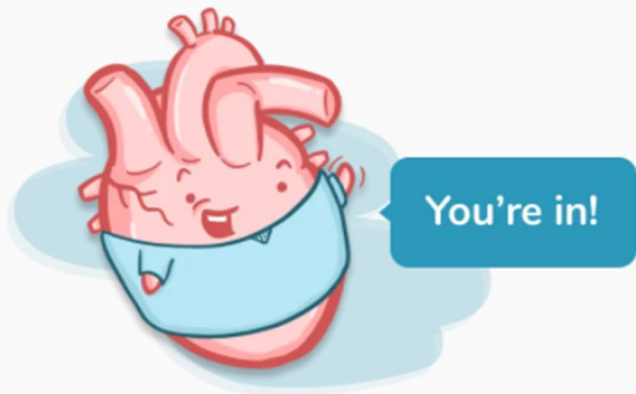
Stay updated with new products, events, and promotions!

Let's go!

- 如無機構信箱，亦可填寫私人信箱 (只要確認能收信即可)
- 完成上述資料填寫後，系統會寄送**驗證信**至您填寫的信箱(如下頁所示)

點選**Sign up**進入註冊畫面

# 收取驗證信件



## Check your email

You'll find your verification link there.

[I didn't receive a link :\(](#)

Already have an account? [Sign in](#)

- 點選驗證信件中的**連結**完成驗證流程

## Osmosis Email Verification 收件匣 x



**Osmosis** <support@osmosis.org>

寄給我 ▾

文 英文 ▾ > 中文 (繁體) ▾ [翻譯郵件](#)

Thank you for signing up for Osmosis! Please click the following link to verify your email:

[https://www.osmosis.org/verify/h1tucXXeQPC\\_JZgjLot\\_KpakRPKlvNzM](https://www.osmosis.org/verify/h1tucXXeQPC_JZgjLot_KpakRPKlvNzM)

If you did not enter your email for verification in Osmosis, no action is necessary.

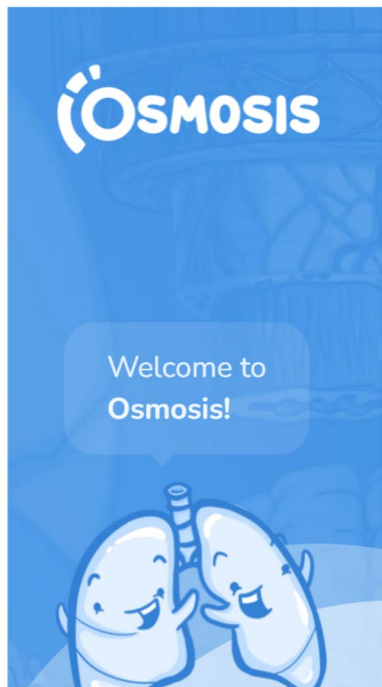
Sincerely,  
The Osmosis Team

<https://www.osmosis.org>

<https://www.facebook.com/Osmoselt>

<https://twitter.com/OsmosisMed>

# 完成帳號註冊後，即可進入平台使用



Osmosis

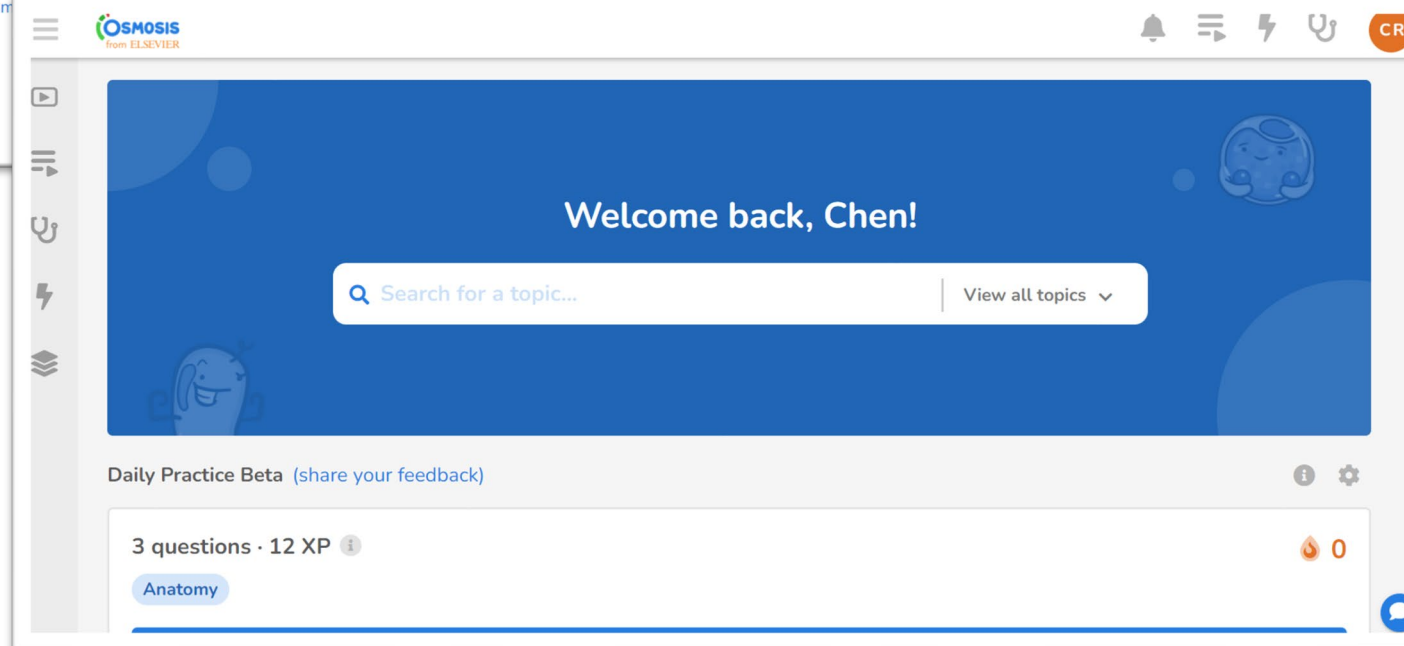
## Welcome to Osmosis!

Please activate your account by clicking the link below.

[Join Now](#)

Data usage: By joining this cohort you approve the ability for faculty to track your assignments and performance on Osmosis.

[I'm not in this cohort](#)



之後如需再次進入平台，進入以下連結並登入即可使用

<https://www.osmosis.org/login>





## 主要功能說明

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*Everyone who cares for someone will learn by Osmosis*





## 受到全球各大機構的信賴

Osmosis是世界各地的專業醫療機構聯盟皆需仰賴的平台，包括密西根大學 (University of Michigan)、加州大學洛杉磯分校(UCLA)、卡達威爾康奈爾醫學院 (Weill Cornell Medical College-Qatar)以及亞利桑那大學(University of Arizona)。此外，Osmosis的影片已被超過**110萬**名現任及未來的醫師們觀看過，全世界有超過**68萬**名的學生使用過Osmosis學習平台。

“

*Osmosis讓教師們了解醫學院學生如何學習成為未來的醫療專業人員。如果您想成為一位與時俱進的教育工作者，並且在精進過程中仍享有樂趣，我十分鼓勵您全盤投入，積極了解Osmosis教學及學習平台的強大功能。*

”

— Amin Azzam醫師

加州大學柏克萊分校UCSF聯合醫學院臨床教授(UC Berkeley, UCSF Joint Medical Program)



# 依主題瀏覽(View all topics)

## 基礎醫學

### Foundational Sciences

Anatomy

Behavioral sciences

Biochemistry and nutrition

Biostatistics and epidemiology

Cellular and molecular biology

Embryology

Genetics

Histology

Microbiology

Pathology

Pharmacology

## 系統分類

### Organ Systems

Cardiovascular system

Endocrine system

Eyes, ears, nose and throat

Gastrointestinal system

Hematological system

Immune system

Integumentary system

Musculoskeletal system

Nervous system

Renal system

Reproductive system

## 臨床分科

### Clinical Rotations And Board Exam Review

Dermatology

Emergency medicine

Family medicine

Internal medicine

Neurology

Obstetrics and gynecology

Pediatrics

Psychiatry

Surgery



# 以Emergency medicine為例

- 收錄急診醫學重要的基礎和進階概念
- 包含ECG判斷教學
- 教學：疾病重點主訴、病史詢問、身體檢查以及鑑別診斷



Clinical Rotations and Board Exam Review

Emergency medicine ▾

Prerequisite basic sciences ▾

Basic and advanced life support techniques ▾

Focused chief complaint, history, physical examination, and differential diagnosis ▾

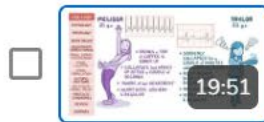
Stabilization of the acutely ill patient ▾

Trauma and orthopedic injuries

Prerequisite basic sciences

Basic and advanced life support techniques ▶ ☰ 2 topics ▲

Circulation: Tachydysrhythmias



Supraventricular arrhythmias: Pathology review

👁️ 🔄 Also appears in ▾



Ventricular arrhythmias: Pathology review

👁️ 🔄 Also appears in ▾

Diagnostic testing ▶ ☰ 1 topic ▲

Chest radiograph

Share

Hide all ▾



# 影片介面說明(1/2)

## Pulmonary changes at high altitude and altitude sickness

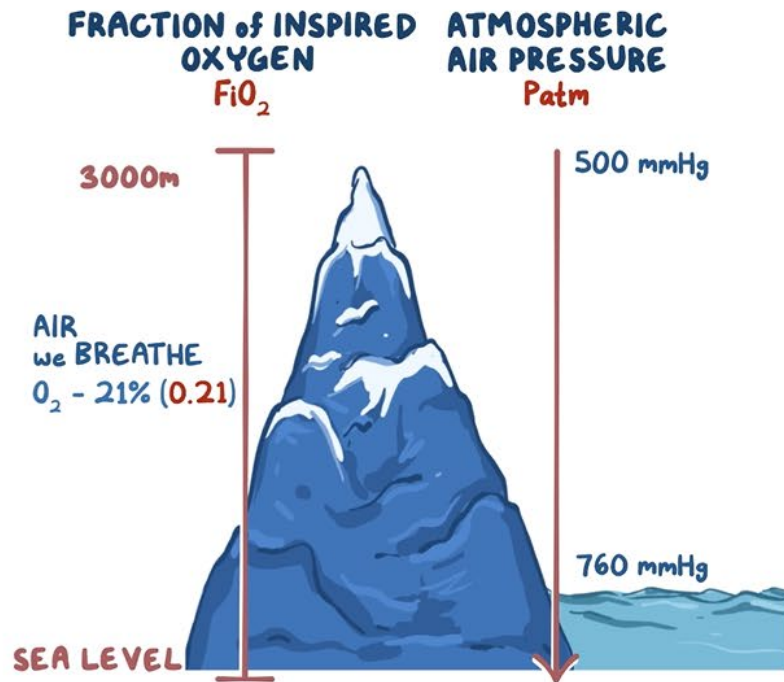
1,873 views

Add to playlist



Foundational Sciences > Pathology > Respiratory system > Lower respiratory tract disorders > Adult acute respiratory disorders

Also appears in



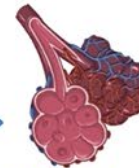
**PROBLEM IS NOT PROPORTIONALLY LESS OXYGEN at HIGH ALTITUDES**

**PROBLEM IS**  
↓↓ PRESSURE

↳ SAME PROPORTION RESULTS in a ↓ PARTIAL PRESSURE of  $O_2$  in the ALVEOLI ( $P_{A_{O_2}}$ )

↑↑ ALTITUDE

↳ ↓  $O_2$  →



**BODY makes PHYSIOLOGICAL CHANGES**

- \* KEEP TISSUES OXYGENATED
- \* EVEN at ↓↓ ATMOSPHERIC PRESSURES
- \* IF THIS FAILS

↳ **ALTITUDE SICKNESS**

OSMOSIS.org  
2023 Edition



Videos Notes Transcript

### Pulmonary changes at high altitude and altitude sickness

Respiratory system

Select all

#### Apnea and hypoventilation

- Apnea of prematurity
- Sleep apnea

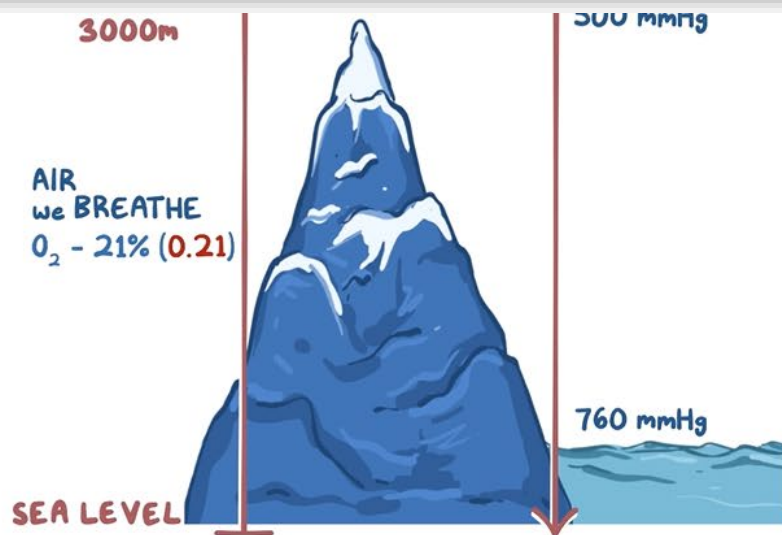
#### Lower respiratory tract disorders

- Acute respiratory distress syndrome
- Cyanide poisoning
- Decompression sickness
- Methemoglobinemia

Pulmonary changes at

可隨時打開或關閉字幕，  
網站按滑鼠右鍵進行Google翻譯，可將字幕翻譯成中文

# 影片介面說明(2/2)



↪ SAME PROPORTION RESULTS in a  
↓ PARTIAL PRESSURE of  $O_2$  in the  
ALVEOLI ( $P_{aO_2}$ )

↑↑ ALTITUDE  
↪ ↓  $O_2$  →

BODY makes PHYSIOLOGICAL  
CHANGES  
\* KEEP TISSUES OXYGENATED  
\* EVEN at ↓↓ ATMOSPHERIC PRESSURES  
\* IF THIS FAILS  
↪ **ALTITUDE SICKNESS**

OSMOSIS.org  
2023 Edition

## sickness

Respiratory system ▾

Select all

### Apnea and hypoventilation

- Apnea of prematurity
- Sleep apnea

### Lower respiratory tract disorders

- Acute respiratory distress syndrome
- Cyanide poisoning
- Decompression sickness
- Methemoglobinemia
- Pulmonary changes at

01:15 / 17:48

## Transcript

每部影片下方皆提供逐字稿，提供更彈性的學習和閱讀

### Content Reviewers

Viviana Popa, MD, Rishi Desai, MD, MPH, Kara Lukasiewicz, PhD, MScBMC, Will Wei

### Contributors

Rachel Yancey, David G. Walker, Zachary Kevorkian, MSMI, Robyn Hughes, MScBMC, Evode Iradufasha, MD

The air we breathe in has the same amount of oxygen (about 21 percent or just 0.21) at all altitudes. This is referred to as the [Fraction of Inspired Oxygen](#) or  $FiO_2$ . However, the atmospheric air pressure, or  $P_{atm}$ , decreases with altitude from about 760 mmHg at sea level to about 500 mmHg at the top of a 3000 meter mountain. So the problem is not that there's proportionally less oxygen at high altitudes, but rather the problem is that the lower air pressure means that the same oxygen proportion will result in a lower partial pressure of oxygen in the [alveoli](#), or  $PAO_2$  for short. So when there's an increase in altitude, the amount of oxygen getting to the [alveoli](#) reduces. But luckily, the [body](#) makes physiological changes to keep the tissues well [oxygenated](#) even at low atmospheric pressures.

# 依選單瀏覽

The screenshot displays the Osmosis from Elsevier user interface. On the left, a navigation menu is highlighted with a red box, containing the following items: Videos, Playlists, Questions, Flashcards, and Decks. The main content area features a blue header with the text "Welcome back, Chen!" and a search bar with the placeholder "Search for a topic...". A "View all topics" dropdown menu is located to the right of the search bar. The bottom of the page includes a "Beta (share your feedback)" notice and information and settings icons.

OSMOSIS  
from ELSEVIER

CR

Videos

Playlists

Questions

Flashcards

Decks

Welcome back, Chen!

單選或多選題型(有較多的情境或個案描述)

記憶加強型測驗

Search for a topic...

View all topics ▾

Beta (share your feedback)

透過左列選單點選**服務類型**



# 1. Videos

The screenshot displays the Osmosis website interface. At the top, there is a navigation bar with the Osmosis logo (from ELSEVIER), a 'Topics' dropdown menu, a search bar labeled 'Search for videos and notes', and utility icons for notifications, a menu, a lightning bolt, a refresh, and a user profile (CR). Below the navigation bar is a blue header for 'foundational sciences Anatomy' with a skull icon and a 'Share' button. A left sidebar lists navigation categories: 'Introduction to anatomy', 'Thorax' (with sub-items 'Anatomy' and 'Anatomy clinical correlates'), 'Abdomen' (with sub-items 'Anatomy' and 'Anatomy clinical correlates'), and 'Pelvis and perineum'. The main content area is titled 'Introduction to anatomy' and features a grid of video thumbnails. Each thumbnail includes a play button, a video title, a duration, and a 'Also appears in' link. The visible video titles are: 'Introduction to the skeletal system' (7:19), 'Introduction to the cardiovascular system' (7:19), 'Introduction to the muscular system' (9:44), 'Anatomical terminology' (16:19), and 'Introduction to the somatic and...' (partially visible). A '6 topics' filter is shown at the top right of the video grid.

進入**Videos**選單後，以**Topics**方式瀏覽

# 2. Playlists

The screenshot displays the Osmosis website interface. At the top, there is a navigation bar with the Osmosis logo (from ELSEVIER), a 'Topics' dropdown, a search bar for videos and notes, and user profile icons. The main header is a dark blue bar with a 'Playlists' dropdown menu. Below this, a sidebar on the left contains a '+ New Playlist' button and a 'My Playlists' section with an upward arrow. Under 'My Playlists', 'Watch later' is selected. Below that are 'Followed' and 'Recently Watched' sections. The main content area shows a 'Watch later' playlist for user 'CR Chen', containing 6 videos with a total duration of 47:16. Action buttons for 'Play all', 'Quiz all', and '+ Add' are visible. Two video thumbnails are shown: 'Introduction to the skeletal system' (with a diagram of the human skeleton) and 'Introduction to the cardiovascular system' (with a diagram of the heart and blood vessels).

建立屬於自己的**播放清單**，也會記錄**近期瀏覽**的影片

# 3-1. Questions 測驗題庫

OSMOSIS from ELSEVIER MedEd Topics Search for

Select a Quiz Builder

What are you studying for?

Preclinical Questions Clinical Questions

選擇學習階段為，  
準備進入臨床(Preclinical)；  
已進入臨床(Clinical)

Select items below to build your quiz.

選擇測驗測驗主題/題數

Difficulty Show progress

# %

Difficulty Select All Select topic

Difficulty	Topic	Count
<input type="checkbox"/> Easy	Biochemistry	1 / 3
<input type="checkbox"/> Medium	Biostatistics and Epidemiology	0 / 32
<input type="checkbox"/> Hard	Cell Physiology	0 / 24
<input checked="" type="checkbox"/>	Cardiovascular Physiology	0 / 217
<input checked="" type="checkbox"/>	Physiology	0 / 5
<input checked="" type="checkbox"/>	Pathology	0 / 196
<input checked="" type="checkbox"/>	Pharmacology	0 / 17
<input checked="" type="checkbox"/>	Cardiovascular Physiology	0 / 5
<input checked="" type="checkbox"/>	Hemodynamics	0 / 2
<input checked="" type="checkbox"/>	Blood Pressure Regulation	0 / 1
<input checked="" type="checkbox"/>	Cardiac electrophysiology	0 / 1
<input checked="" type="checkbox"/>	Specific circulations	0 / 1

217 Questions 0 Answered questions • 217 New questions

100% New

Max Quiz Size 40

Build Quiz



# 3-2. Questions 測驗題庫

## 顯示題目完成進度

## 題目情境/附圖

## 與情境相關的 檢驗數值



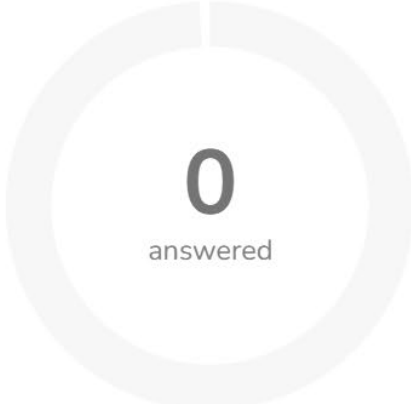
< Prev

0 of 40

Next >

Settings

### Progress

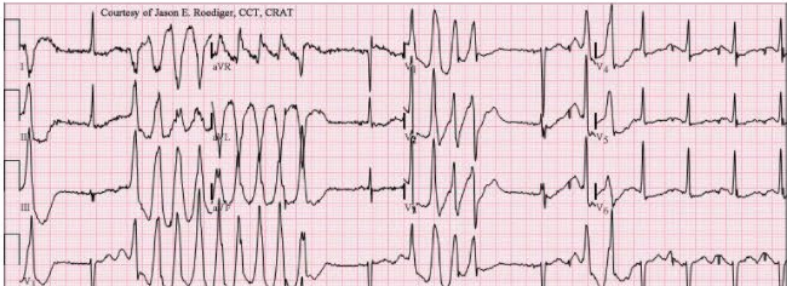


0  
answered

Repeat selected items

Group

A 26-year-old woman comes to the emergency department after fainting at work and hitting her head. She is conscious, alert, and in pain as she sustained a deep laceration above her right orbit. When asked about prior fainting episodes, she says that she has had them since childhood, but she felt it was "nothing serious". She also says she has frequent palpitations, shortness of breath, nausea, and at times, chest pain and attributes this to "working too hard." Physical examination shows tachycardia and mild hypotension. The patient's electrocardiogram is obtained. Which of the following drugs is the best choice for first line treatment of the patient's condition?



### Lab values

Blood ▾

Blood, Plasma, Serum	Reference Range	SI Reference Interval
Alanine aminotransferase (ALT), serum	8-40 U/L	8-40 U/L
Alkaline phosphatase, serum (p-NPP at 30°C)	20-70 U/L	20-70 U/L
Amylase, serum	25-125 U/L	25-125 U/L
Aspartate aminotransferase (AST), serum	8-40 U/L	8-40 U/L

## 3-3. Questions 測驗題庫

Elimination tool

A. Calcium gluconate

Confidence

Low Medium High

B. Epinephrine

C. Flecainide

D. Magnesium sulfate

E. Procainamide

A. Calcium gluconate  
Show explanation ▼ 8%

Calcium gluconate is used to treat cardiac arrest in the presence of hyperkalemia, hypocalcemia or hypermagnesemia, and is not recommended for routine use to treat cardiac arrest.

B. Epinephrine  
Show explanation ▼ 6%

C. Flecainide  
Show explanation ▼ 14%

D. Magnesium sulfate  
Show explanation ▼ 51%

- 作答時以Confidence  
信心度回饋答題信心度  
(由平台後端運算之後此類題目出現的頻率)

- 每個選項皆提供說明文字，  
解釋答案內容

# 4-1. Flashcard Quiz

- 不提供選項的作答模式，讀者需自行思考答案
- 以下先選擇測驗主題和題數

The screenshot shows the Osmosis Flashcard Quiz Builder interface. At the top, there is a navigation bar with the Osmosis logo and a 'Home → Flashcards' breadcrumb. The main title is 'Flashcard Quiz Builder'. Below this, there is a 'Select items below to build your quiz.' instruction. A 'Show progress' section includes buttons for '#', '%', and a refresh icon, along with a 'Create flashcards' button. The main area is titled 'Select topic' and contains a list of topics with checkboxes and progress indicators. The topics are: Anatomy (38%), Biochemistry (0%), Biostatistics and Epidemiology (0%), Cardiovascular (0%), Cell Physiology (0%), Dermatology (0%), Head and Neck (0%), Thorax (43%), Thorax (43%), and Thoracic Cavity: Venous drainage (43%). At the bottom, there is a summary bar showing '8 Flashcards', '3 Answered flashcards • 5 New flashcards', a progress bar with 13% (red), 25% (green), and 62% (grey) segments, 'Max Quiz Size' set to 40, and a 'Build Quiz' button.

OSMOSIS from ELSEVIER

Home → Flashcards

## Flashcard Quiz Builder

Select items below to build your quiz.

Show progress

# % ↺

Create flashcards

Select All Select topic

<input checked="" type="checkbox"/> Anatomy 38% >	<input checked="" type="checkbox"/> Head and Neck 0%	<input checked="" type="checkbox"/> Thorax 43% >	<input checked="" type="checkbox"/> Thorax 43% >	<input checked="" type="checkbox"/> Thoracic Cavity: Venous drainage 43%
<input type="checkbox"/> Biochemistry 0%	<input checked="" type="checkbox"/> Thorax 43% >			
<input type="checkbox"/> Biostatistics and Epidemiology 0%				
<input type="checkbox"/> Cardiovascular 0%				
<input type="checkbox"/> Cell Physiology 0%				
<input type="checkbox"/> Dermatology 0%				

8 Flashcards

3 Answered flashcards • 5 New flashcards

13% 25% 62% New

Max Quiz Size 40

Build Quiz

# 4.2 Flashcard Quiz

## 顯示題目完成進度

## 題目

## 與題目相關的 實驗數值



< Prev

0 of 5

Next >

Settings

Progress

5 answered

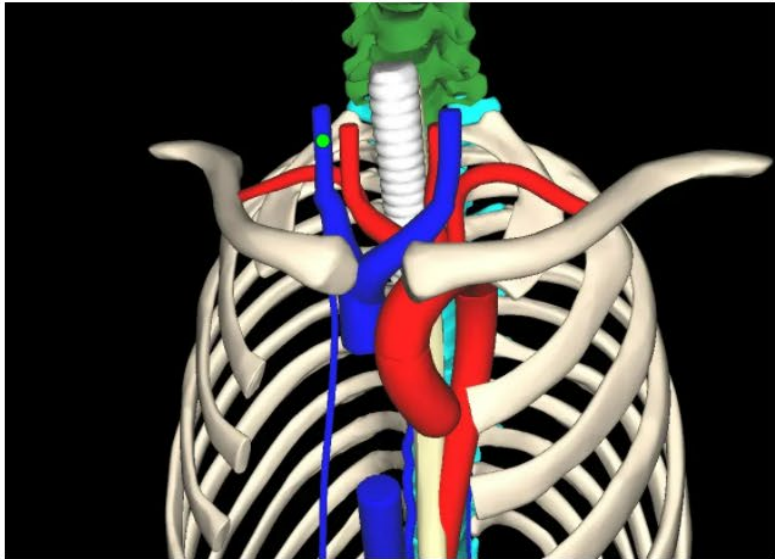
Repeat selected items

Group

New

All

Identify the **vein** pinned below.



Rate your confidence

Low Medium High

Lab values

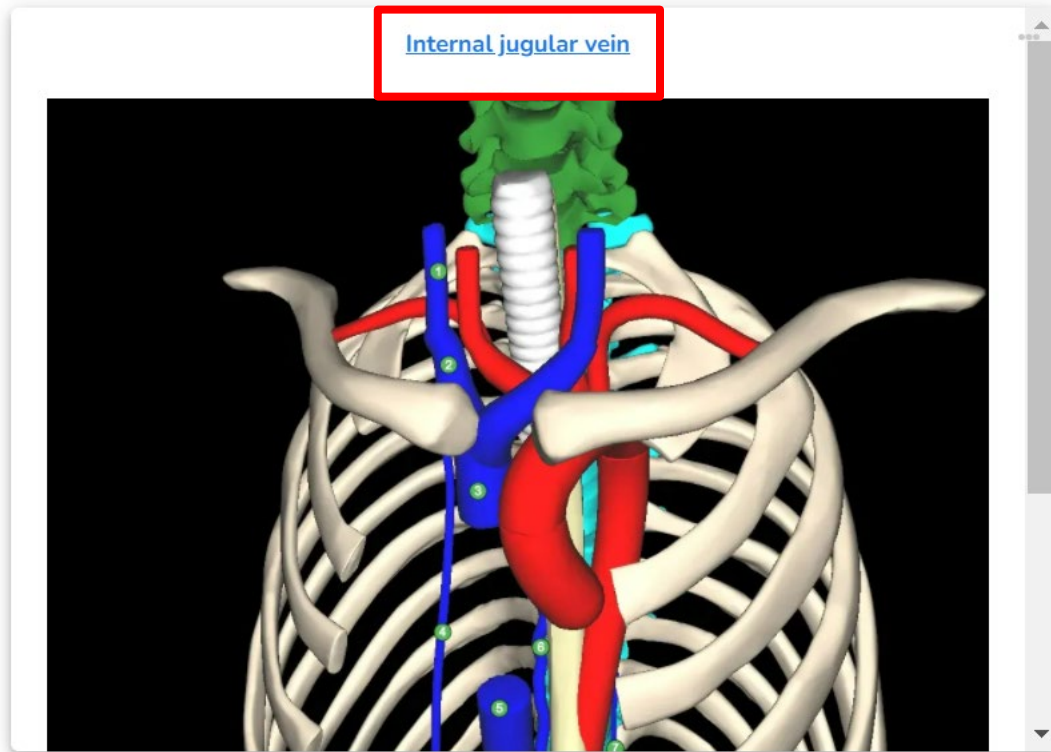
Hematologic

Hematologic	Reference Range	SI Reference Interval
Bleeding time (template)	2-7 minutes	2-7 minutes
CD4+ T-lymphocyte count	>500 mm <sup>3</sup>	>500 x 10 <sup>6</sup> /L
Erythrocyte count		
Male	4.3-5.9 million/mm <sup>3</sup>	4.3-5.9 x 10 <sup>12</sup> /L
Female	3.5-5.5 million/mm <sup>3</sup>	3.5-5.5 x 10 <sup>12</sup> /L
Erythrocyte sedimentation rate (Westergren)		
Male	0-15 mm/h	0-15 mm/h
Female	0-20 mm/h	0-20 mm/h
Hematocrit		
Male	41%-53%	0.41-0.53
Female	36%-46%	0.36-0.46
Hemoglobin A1c	≤6%	≤0.06%

看完題目思考答案後，點選下方的Confidence作答



## 4.3 Flashcard Quiz



1. [Internal Jugular Vein](#)  
2. [Brachiocephalic Vein](#)  
3. [Superior vena cava](#)  
4. [Internal thoracic vein](#)  
5. [Inferior vena cava](#)  
6. [Azygos vein](#)  
7. [Hemiazygos vein](#)

How did you do?

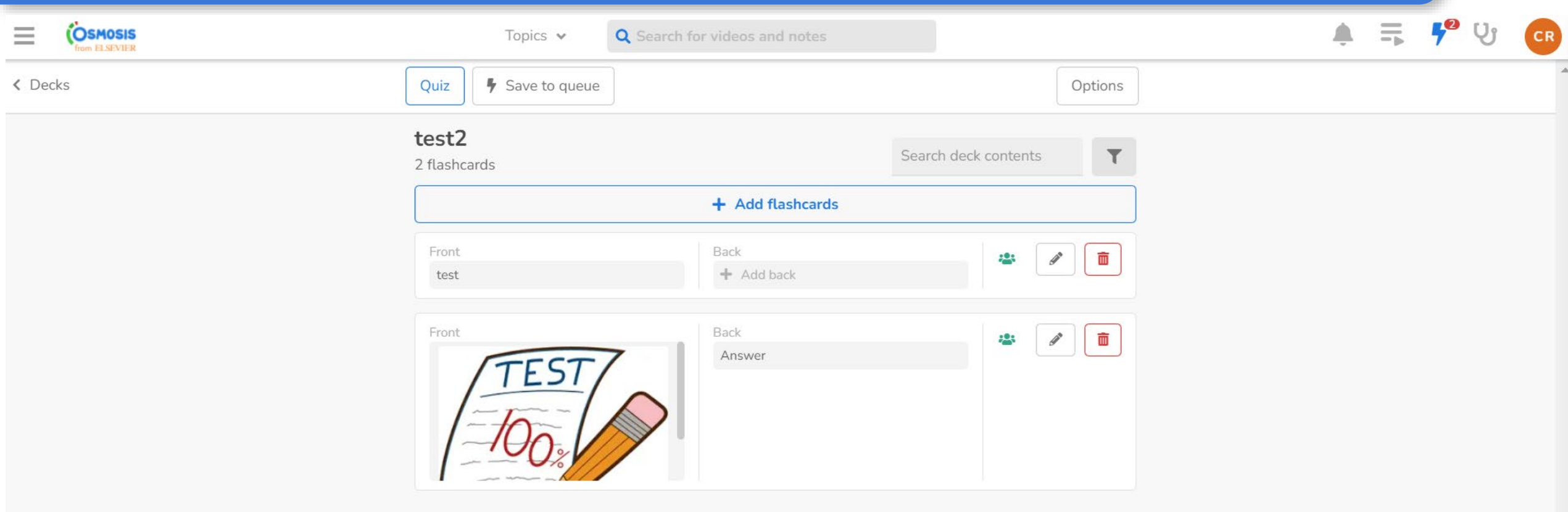
Missed it  Got it

Repeats in 1d Repeats in 1d

完成前頁的Confidence作答後，答案會顯示在圖片上方

圖片下方延伸提供相關組織的說明，並於下方確認此題是否答對

# 5. Decks (建立Flashcards)



The screenshot displays the Osmosis Flashcards interface. At the top, there is a navigation bar with the Osmosis logo, a search bar, and various utility icons. Below this, the main content area shows a deck titled 'test2' containing 2 flashcards. A search bar for deck contents is visible. The first flashcard has 'test' on the front and '+ Add back' on the back. The second flashcard has an image of a test paper with 'TEST' and '100%' on the front and 'Answer' on the back. Each flashcard has icons for sharing, editing, and deleting.

- ✓ 由教師或指導者自建Flashcards予學生或成員進行測驗
- ✓ 可自行上傳圖片並填寫答案
- ✓ 可選擇將Flashcards公開或隱藏





如需更多資源的說明，

請與圖書館聯繫或

參考右方聯絡資訊進行安排

**Vivian 陳品蓉**

**Elsevier Account Manager**

**Tel: 0905-129-301**

**LineID: vivianelsevier**



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*Everyone who cares for someone will learn by Osmosis*

