

 **OSMOSIS** what is it?

and how to use it?



Registration



- **Create an account, using [@lsmu.lt](#) or [@stud.lsmu.lt](#) email.**
- **You will receive an email asking you to activate your account. Click on the link.**
- **That's it, now you have access to all the resources Osmosis has to offer!**

Wide range of topics

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, and a search bar containing the text 'Search for videos and notes'. A blue arrow points from the search bar to the search input field.

On the left side, a navigation menu is open, showing the OSMOSIS logo, a user profile icon with the initials 'GJ', and a 'Prime' button. Below these are several menu items: 'Home', 'My tools', 'Video Topics', 'Playlists', 'Flashcards', 'Questions', and 'Decks'. A blue arrow points from the 'Video Topics' menu item to the 'Basic Sciences' section of the main content area.

The main content area is divided into two columns: 'Basic Sciences' and 'Clinical Sciences'. The 'Basic Sciences' column lists various topics under the heading 'Foundational Sciences', including Anatomy, Behavioral health, Biochemistry and nutrition, Biostatistics, epidemiology, population health, and interpretation of the medical literature, Cellular and molecular biology, Embryology, Genetics, Histology, Microbiology, Pathology, Pharmacology, and Physiology. The 'Organ Systems' column lists Blood and lymphoreticular system, Cardiovascular system, Endocrine system, Gastrointestinal system, Immune system, Musculoskeletal system, Nervous system and special senses, Renal and urinary system, Reproductive system and breast, Respiratory system, and Skin and subcutaneous tissue.

The 'Clinical Sciences' column lists Clinical Rotations (with an information icon), Emergency medicine, Family medicine, Internal medicine (marked with a 'NEW' badge and a star icon), Neurology, Obstetrics and gynecology (marked with a 'NEW' badge), Pediatrics (marked with a 'NEW' badge), Psychiatry, and Surgery (marked with a 'NEW' badge). Below this list is a link that says 'More topics coming soon...' with an information icon.

Decorative blue arrows are overlaid on the image, pointing from the search bar to the search input, from the 'Video Topics' menu item to the 'Basic Sciences' section, and from the 'Topics' dropdown to the search bar.



Video lectures

You can create playlists, this way controlling what and when you learn.

Take notes during the video lecture.

Transcripts are available for those that like to read and learn.

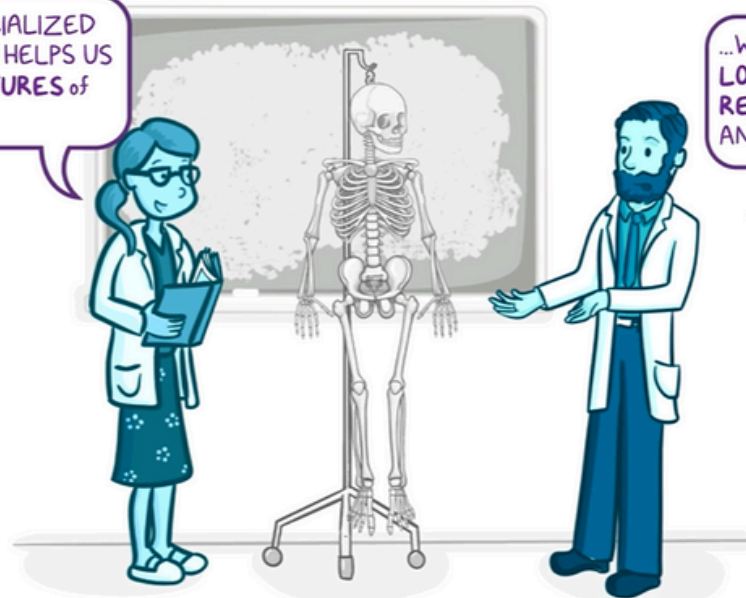
Introduction to anatomy 7 topics

- Anatomical terminology 16:19
- Introduction to the cardiovascular system 7:19
- Introduction to the central and peripheral nervous systems 14:30
- Introduction to the lymphatic system 5:28
- Introduction to the muscular system 9:44
- Introduction to the somatic systems 13:54

Anatomical terminology
Foundational Sciences > Anatomy > Introduction to anatomy

Anatomical terminology

WE MUST USE SPECIALIZED TERMINOLOGY that HELPS US DESCRIBE STRUCTURES of the HUMAN BODY...



...WHERE EXACTLY they're LOCATED, and their RELATIONSHIP to ONE ANOTHER!

OSMOSIS.org 2022 Edition

00:21 / 16:18

- Select all
- Introduction to anatomy
 - Anatomical terminology
 - Introduction to the cardiovascular system
 - Introduction to the central and peripheral nervous systems
 - Introduction to the lymphatic system
 - Introduction to the muscular system
 - Introduction to the skeletal system
 - Introduction to the somatic and autonomic nervous systems



Visual notes

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00:15 / 16:18

Notes Print

Figure 2: Sections of the limbs. A. Longitudinal section. B. Oblique section. C. Transverse section.

Dorsal surface

Palmar/plantar surface

Superior (cranial)

Rostral

Internal

External

Proximal

Distal

Medial

Lateral

Superficial

Intermediate

Study from notes made for you

Below the video lectures, you will find both the transcripts and visual notes to help you better retain the information.



Self-assessments

Prev 1 of 1 Next

A researcher is studying the origin and blood supply of different regions of the gastrointestinal tract. The blood vessel that supplies the hindgut originates at which of the following vertebral levels?

Elimination tool

- T12/L1
- L1-L2
- L1-L4
- L3
- L1

Skip →

Print

Assessments

Preclinical questions
0 / 1 complete

Start

Superior mesenteric artery (SMA)
Left renal a.
Left gonadal a.
Right gonadal a.

Test your understanding of the lecture topic with self-assessment quizzes

Tests are available below the video lectures. These quizzes will help you evaluate how well you've retained the material.

Queue up questions and prepare for future tests without the hassle.



Self-assessment

The screenshot shows the Osmosis website interface. On the left is a navigation menu with the Osmosis logo (OSMOSIS from ELSEVIER), a user profile icon (GJ), and a 'Prime' button. Below the logo are menu items: Home, My tools, Video Topics, Playlists, Flashcards, Questions, and Decks. The main content area is titled 'Foundational Sciences' and features a 'Subjects' section with a list of subjects, each with a checkbox and a question count: Behavioral sciences/Psychiatry (152), Biostatistics and epidemiology (61), Genetics (55), Introduction to microbiology (11), Introduction to pharmacology (40), Biochemistry and nutrition (91), Cellular and molecular biology (61), Introduction to embryology (36), and Introduction to pathology (26). Below the subjects list is a dark blue button labeled 'Select a Quiz Builder' with a quiz icon. Underneath this button is a section titled 'What are you studying for?' with two buttons: 'Preclinical Questions' and 'Clinical Questions'. A blue arrow points from the 'Select a Quiz Builder' button to the 'Questions' menu item in the navigation bar. Another blue arrow points from the 'Select a Quiz Builder' button to the text box on the right.

Practical and clinical questioners will help you prepare for the next test or exam

The Quiz builder can be found in the menu bar, on the left side of the screen, by clicking on the ≡ icon.

Mark subjects you want to study up on, choose the number of questions, and click **Begin quiz** to begin the test.



Decision-making trees (DMTs)

Basic Sciences

- Foundational Sciences
 - Anatomy
 - Behavioral health
- Organ Systems
 - Blood and lymphoreticular system
 - Cardiovascular system

Clinical Sciences

- Clinical Rotations
 - Emergency medicine
 - Family medicine
 - Internal medicine **NEW**
 - Neurology **NEW**
 - Obstetrics and gynecology **NEW**
 - Pediatrics **NEW**
 - Psychiatry **NEW**
 - Surgery **NEW**

MUSCLES CELLS

00:00 / 09:25

Decision-Making Tree

APPROACH to DIFFERENTIATING LESIONS (MOTOR NEURON)

LEGEND

- Assessment / Management → Urgent result → Urgent Actions
- Diagnostic test → Results: result detail → DIAGNOSIS → Treatment
- Alternative diagnosis

ABBREVIATIONS

- ABCDE: Airway, breathing, circulation, disability, exposure
- ALS: Amyotrophic lateral sclerosis
- CSF: Cerebrospinal fluid
- GI: Gastrointestinal
- H&P: History and physical
- Hx: History
- IV: Intravenous
- LMN: Lower motor neuron
- MMB: Magnetic resonance imaging
- PE: Physical examination
- SMN2: Spinal motor neuron 2
- UMN: Upper motor neuron

Decision-making trees will help you think clinically

Discover DMTs in the “Clinical Sciences” section, located among all topics on the right side of the screen.

Easy-to-follow flowcharts will help you learn decision making in the clinical practice



Flashcards

The screenshot shows the Osmosis from Elsevier interface. On the left is a navigation menu with options: Home, My tools, Video Topics, Playlists, Flashcards, Questions, and Decks. The top navigation bar includes the Osmosis logo, a user profile icon (GJ), and a Prime button. The main content area displays a flashcard deck for Genetics, with 182 flashcards. The current flashcard question is: "Nitrogenous bases that contain two rings are called (purines/pyrimidines) _____." Below the question are three buttons for rating confidence: Low, Medium, and High. A modal dialog box is open, asking the user to rate their confidence to continue. The dialog box contains the text: "Try rating your confidence to continue", "Rating your confidence helps Osmosis determine when this flashcard will show up in your spaced repetition queue.", and three buttons: Low (You have no idea.), Medium (You might know it.), and High (You definitely know it.). A link "What's spaced repetition?" is also present.

Spaced repetition will help you enhance memory retention

Flashcards can be found in the menu bar, on the left side of the screen, by clicking on the ☰ icon.

Assess your knowledge. Algorithm will pick and choose questions guided by your confidence.

If you don't see what you need, create your own cards, by clicking [Create flashcards](#)



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