

 **OSMOSIS** what is it?

and how to use it?



Registration



Let's Start!

- **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 'Topics' dropdown to the search bar. Below the navigation bar, a sidebar menu is visible on the left, featuring the OSMOSIS logo, a user profile icon with initials 'GJ', a 'Prime' badge, and a list of navigation options: Home, My tools, Video Topics, Playlists, Flashcards, Questions, and Decks. A blue arrow points from the 'Video Topics' option to 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 'Foundational Sciences' and 'Organ Systems'. The 'Clinical Sciences' column lists topics under 'Clinical Rotations', with several items marked as 'NEW'. A blue arrow points from the 'Basic Sciences' column to the 'Clinical Sciences' column. The interface is decorated with cartoonish characters and a blue background with abstract patterns.

OSMOSIS
from ELSEVIER

Topics ▾

Search for videos and notes

OSMOSIS
from ELSEVIER

GJ Prime

Home

My tools

- Video Topics
- Playlists
- Flashcards
- Questions
- Decks

Basic Sciences

Foundational Sciences

- 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
- Physiology

Organ Systems

- 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
- Skin and subcutaneous tissue

Clinical Sciences

Clinical Rotations ⓘ

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

More topics coming soon... ⓘ



Video lectures

Introduction to anatomy

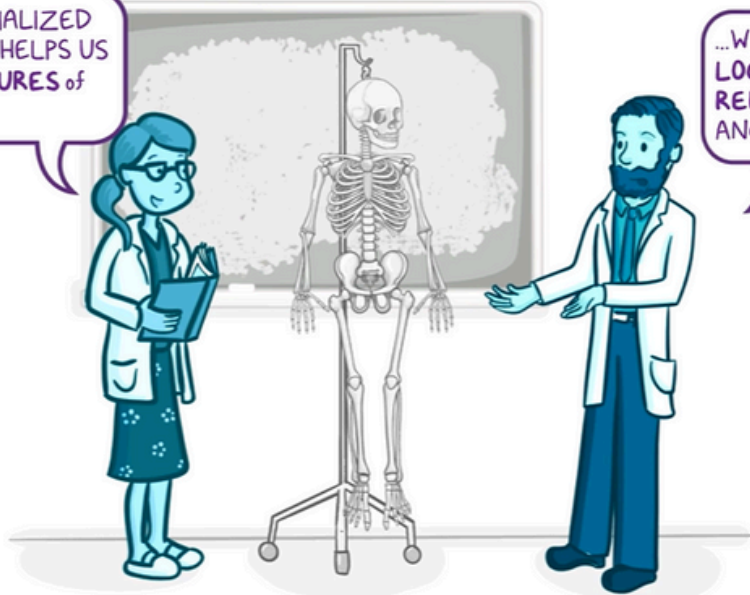
- Anatomical terminology (16:19)
- Introduction to the cardiovascular system (7:19)
- Introduction to the central and peripheral nervous systems (14:30)
- Introduction to the lymphatic system (5:28)
- Introduction to the muscular system (9:44)
- Introduction to the somatic systems (13:54)

Anatomical terminology
Foundational Sciences > Anatomy > Introduction to anatomy

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

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!



Add to playlist

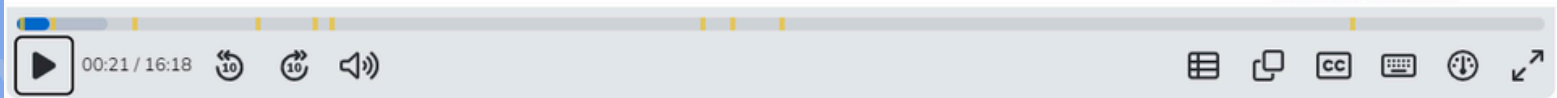
Videos Notes Transcript

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

Take notes during the video lecture.

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





Visual notes

OSMOSIS.org
2022 Edition

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

Medial

Lateral

Superficial

Intermediate

Distal

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 menu are options: 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 dropdown arrow. 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, and 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  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 (e.g., "for example")
- GI: Gastrointestinal
- H&P: History and physical
- Hx: History
- IV: Intravenous
- LMN: Lower motor neuron
- MRIs: Magnetic resonance imaging
- PE: Physical examination
- SMN2: Spinal motor neuron 2
- UMN: Upper motor neuron

Flowchart:

- Start: Patient presents with a chief concern suggestive of a motor neuron disease
- Step 1: ABCDE assessment
 - Unstable → Acute Management
 - Stabilize airway, breathing, circulation
 - Intubation, mechanical ventilation
 - Obtain IV access, +/- IV fluids
 - Vital signs monitoring, cardiac telemetry
 - Supplemental O₂
 - Stable → Focused H&P
- Step 2: Hx
 - Progressive bilateral weakness (e.g., face, neck, arms, legs)
 - Trouble standing up / walking
 - Trouble speaking, swallowing, breathing
- Step 3: PE
 - Weakness of face / neck / trunk / limbs, +/- symmetry
 - Abnormal tone & reflexes
 - Cranial nerve dysfunction
 - Abnormal gait
- Step 4: Assess for sensory involvement
 - Hx: Numbness, tingling; PE: Loss of sensation → Consider alternative diagnosis
 - Hx: Pure weakness; PE: Normal sensation → Consider motor neuron disease
- Step 5: Assess pattern of motor neuron injury
- Step 6: LMN signs

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 modal text says: "Try rating your confidence to continue. Rating your confidence helps Osmosis determine when this flashcard will show up in your spaced repetition queue." Below the modal are 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

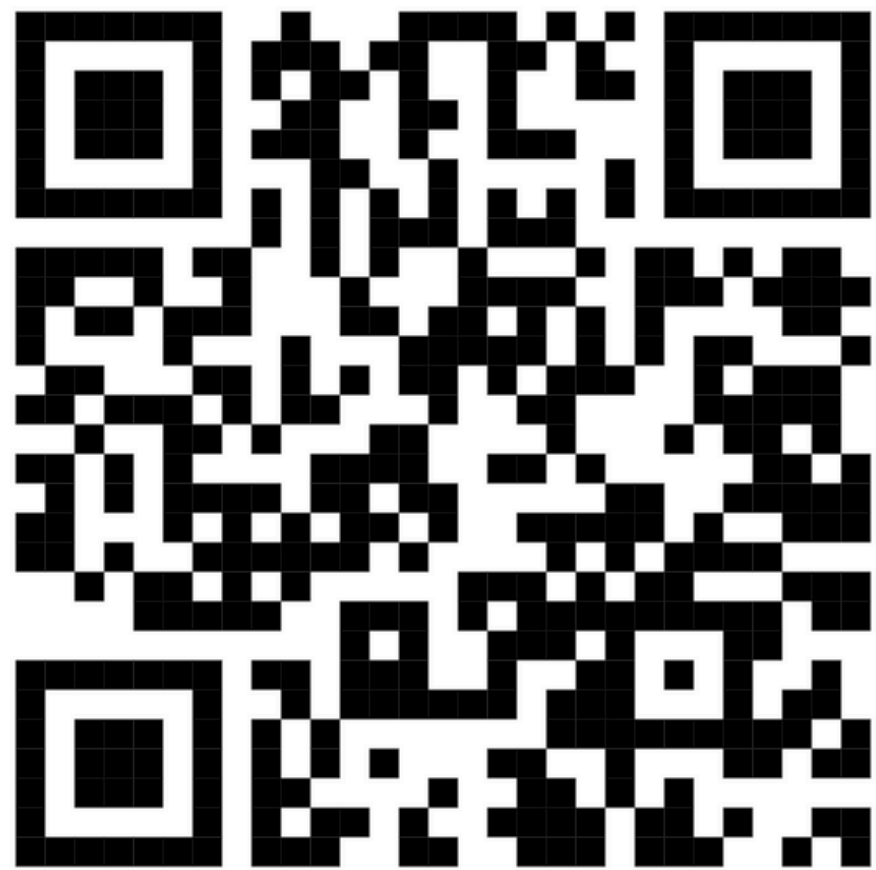
Flashcards can be found in the menu bar, on the left side of the screen, by clicking on the ☰ icon.

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](#)

Osmosis mobile app

View flashcards, videos, and notes anytime,
anywhere in the Osmosis mobile app.





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