

 **OSMOSIS** kas tai?

ir kaip naudotis?



Registracija



Let's Start!

- **Susikurkite paskyrą, naudodami @stud.lsmu.lt arba @lsmu.lt el. paštą.**
- **Į šį el. paštą gausite laišką, prašantį aktyvuoti asmeninę Osmosis paskyrą. Paspauskite ant nuorodos.**
- **Viskas! Galite kibti į mokslus!**



Platus temų pasirinkimas

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 towards the main content area.

On the left side, a navigation sidebar is visible, featuring 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 'Playlists' item towards 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). At the bottom of this column, it says 'More topics coming soon...' with an information icon.

Decorative blue arrows are overlaid on the image, pointing from the search bar and the 'Playlists' menu item towards the main content area.



Videopaskaitos

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

Galite kurti videopaskaitų grojaraščius, taip kontroliuodami eiliškumą.

Užsirašinėti vykstant videopaskaitai.

Įsijungti paskaitos santrauką, jeigu patinka mokytis iš užrašų.

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



Vizualūs użrašai

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

Mokykis ne tik iš savo paties użrašų

Po videopaskaitos įrašų rasi ne tik paskaitos santrauką, bet ir vaizdžius użrašus, padėsiančius įsiminti informaciją.



Saviruošos testai

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 →

supply of the foregut, midgut and hindgut

Anatomy of the abdominal viscera: Esophagus and stomach

Anatomy of the abdominal viscera: Innervation of the abdominal viscera

Anatomy of the abdominal viscera: Kidneys, ureters and suprarenal glands

Print

Assessments

Preclinical questions 0 / 1 complete

Start

Superior mesenteric artery (SMA)

Left renal a.

Left gonadal a.

Right gonadal a.

Pasitikrink kaip moki paskaitos medžiagą

Po videopaskaitos įrašų rasi saviruošos klausimus, kurie padės pasitikrinti kaip įsisavina paskaitoje girdėtą informaciją.

Susidėk klausimus į klausimų banką ir mokykis atsiskaitymams paprasčiau



Saviruošos testai

Foundational Sciences

Subjects

- 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
- Introduction to pathology 26

Select a Quiz Builder

What are you studying for?

- Preclinical Questions
- Clinical Questions

OSMOSIS from ELSEVIER

GJ Prime

Home

My tools

- Video Topics
- Playlists
- Flashcards
- Questions
- Decks

Klausimynai iš priešklinikinių ir klinikinių temų padės paprasčiau pasiruošti atsiskaitymams.

Klausimynus rasi meniu juostoje, kairėje ekrano pusėje, paspaudus ☰ piktogramą.

Pažymėję norimas temas, ekrano apačioje pasirink norimą klausimų kiekį ir pradėk testą: **Begin quiz**

Sprendimų priėmimo hierarchijos medis (angl. *Decision-making trees (DMTs)*)

The screenshot displays a web interface with a navigation menu on the right under 'Clinical Sciences' including Emergency medicine, Family medicine, Internal medicine, Neurology, Obstetrics and gynecology, Pediatrics, Psychiatry, and Surgery. The main content area features a video player titled 'MUSCLES CELLS' and a 'Decision-Making Tree' section. The tree is titled 'APPROACH to DIFFERENTIATING LESIONS (MOTOR NEURON)'. It starts with 'Patient presents with a chief concern suggestive of a motor neuron disease', leading to 'ABCDE assessment'. If 'Unstable', it points to 'Acute Management' (Stabilize airway, breathing, circulation; Intubation, mechanical ventilation; Obtain IV access, +/- IV fluids; Vital signs monitoring, cardiac telemetry; Supplemental O₂). If 'Stable', it leads to 'Focused H&P' and 'Assess for sensory involvement'. This assessment branches into 'Hx: Numbness, tingling; PE: Loss of sensation' (leading to 'Consider alternative diagnosis') and 'Hx: Pure weakness; PE: Normal sensation' (leading to 'Consider motor neuron disease' and 'Assess pattern of motor neuron injury'). A legend on the left explains the flowchart symbols, and an abbreviations box on the right lists terms like ABCDE, ALS, CSF, GI, H&P, Hx, Ix, LMN, MRI, PE, SMNI, and UMN.

Sprendimų priėmimo hierarchijos medžiai padės formuoti klinikinio mąstymo įgūdžius

Juos rasi „Klinikinių mokslų“ bibliotekoje, kurią rasi atsidarius visas Osmosis siūlomas temas, dešinėje ekrano pusėje.

Aiškūs ir nepainūs algoritmai padės mokytis kaip priimti sprendimus klinikinėje praktikoje



Atmintinės kortelės (angl. *Flashcards*)

The screenshot shows the Osmosis from Elsevier interface. On the left is a navigation menu with 'Home', 'My tools', 'Video Topics', 'Playlists', 'Flashcards', 'Questions', and 'Decks'. The main area displays a 'Genetics' deck with 182 flashcards. A flashcard is shown with the question: 'Nitrogenous bases that contain two rings are called (purines/pyrimidines) _____'. Below the question are 'Rate your confidence' buttons: 'Low', 'Medium', and 'High'. A modal box prompts the user to 'Try rating your confidence to continue' and explains that rating helps determine when the flashcard will appear in the spaced repetition queue. A 'Build Quiz' button is visible in the top right of the deck view.

Naudodami kartojimą dalimis geriau įsiminsi detales

Atmintines korteles rasi meniu juostoje, kairėje ekrano pusėje, paspaudus ☰ piktogramą.

Įsivertink savo žinias. Pagal tai algoritmas pasirūpins, kad dažniau kartotum tai, ko tau reikia.

Jeigu nerandi to, ko reikia, kurk korteles pats, paspaudęs [Create flashcards](#)

Osmosis mobilioji programėlė

Mokykitės iš atmintinių kortelių, videopaskaitų ir užrašų bet kur ir bet kada, naudojant Osmosis mobiliąją programėlę.





Gabija Jurkšaitytė

LSMU Biblioteka ir informacijos centras