
Clinician story: How a director of disease management continuously improves her practice with trusted insights from UpToDate



By Dr. Elizabeth Dilg M.D., Director of Disease Management and Internal Medicine Physician, Internist, Retro Health

Biography

Dr. Dilg attended the University of Pittsburgh School of Medicine for medical school and completed her residency at the University of Wisconsin Hospital and Clinics in 2012. She has since practiced internal medicine at several clinics and hospitals in the Dallas area.

Health

Not long ago, my son was trying to feed a squirrel at the park. It was cute — until it bit him. As a physician, the first thing that came to my mind was whether he would need rabies prophylaxis and if we should immediately head to the hospital.

Fortunately, I had access to a tool that confirmed squirrel bites are low-risk, which meant we avoided an unnecessary wait in the emergency room.

That tool is [UpToDate®](#). I've used it since day one of medical school, and it's been by my side as I've supported every patient in all the hospitals and clinics where I've worked. I believe it's essential to practicing good medicine.

An integral part of modern medicine

I'm currently the Director of Disease Management at Retro Health. I supervise nurse practitioners, review charts, and provide educational talks for our company's providers. I'm also an internal medicine physician, and I see patients regularly in a Dallas area clinic.

Throughout my career, I've seen the constant progress of modern medicine. We have more studies, research, new treatments, and a massive amount of patient data. UpToDate puts everything I need right at my fingertips. I can find almost anything I need to know for my medical practice as quickly as I can find a recipe online for brussels sprouts. It's constantly updated with trustworthy information and enables me to make more informed decisions for my patients.

UpToDate allows me to continuously improve my clinical knowledge and skills, which ultimately enhances my practice as my patients benefit from the newest science and treatment options. I feel strongly that using UpToDate translates into better patient outcomes and lives saved.

"Medicine is constantly progressing. We have more studies, research, new treatments, and a massive amount of patient data. UpToDate puts everything I need right at my fingertips."

—Dr. Elizabeth Dilg

Accessing trusted, peer-reviewed insights from anywhere

Having information isn't enough — you must be able to trust it. I'm confident that the information I get from UpToDate comes from trusted sources. Every article is written by a [subject matter expert](#) and includes citations and links to original clinical trials and studies. If the research isn't conclusive, the author presents the most recent findings and offers insight into how they've approached similar cases in their own practice and how others in the field are doing it. These details offer context and help me make informed choices to get the best results for my patients.

Although articles can be extensive, each one [features](#) an easy-to-skim bullet-point summary of the author's recommendations, guidelines, and key points. When I want to find out what to do for a patient before they leave my office, I can quickly find the information I need.

Another feature I often use is the included drug reference, [UpToDate®Lexidrug™](#), to check dosing, side effects, dietary considerations, and interactions. It has details like the drug's category, titration, and its mechanism of action, as well as specific information like whether it's safe for use during pregnancy and breastfeeding. When working in the hospital, I would often use the drug-to-drug interactions assessment to determine if I could prescribe two medications simultaneously.

Through the [UpToDate mobile app](#), I use all of these features from anywhere, whether I'm at work, at home, or at the park, like in the example above. If I get a call from the office or am not in the clinic and need to look up information, I don't need to scramble to get to a computer. I can find relevant answers on the go, making it easier to provide ongoing patient care and support my team even if I'm not with them.

“I feel strongly that using UpToDate translates into [better patient outcomes](#) and lives saved.” — Dr. Elizabeth Dilg



Driving professional development and patient outcomes through education

Part of my responsibility as a director is supervising and educating other team members. One of the biggest challenges in my current role is when I come across a clinician whose method of managing patient care is based on outdated literature rather than the latest guidelines and treatment recommendations. To bridge this gap, I regularly encourage the team to use UpToDate — a resource that offers immediate and continuous access to current research and updated guidelines — by demonstrating its features and showing how it can simplify their workflow and enhance patient care. UpToDate makes it so much easier for us to stay unified and consistently deliver the high-quality care we all strive for.

[UpToDate](#) plays a significant role in my own ongoing education, too. I finished medical school in 2009 and completed my residency in 2012. My care would be outdated if I still practiced what I learned in school, as medicine is constantly evolving. What good is it to have researchers in labs performing massive studies if we can't implement their discoveries? Having a library of reference books at the pace of new research publications is not practical, and UpToDate is a great alternative.

I frequently encounter the gap between outdated and more modern practices. Recently, a patient with asthma came to the clinic. I wasn't the physician managing their case, but their combination of medications puzzled me. I took a few minutes to research those medications with UpToDate, and was amazed at how much has changed since I handled asthma management just a few years ago. I'm so thankful I don't have to rely on old knowledge. Instead, I quickly verify whether I'm recommending the best treatment regimen in the moment with the patient in front of me.

Apart from day-to-day benefits, using UpToDate furthers my career development. The platform tracks how much time I spend reading articles and referencing information and sends it directly to the American Board of Internal

Medicine. Because of this, I have the opportunity to accumulate [Continuing Medical Education \(CME\) hours through UpToDate](#) and claim them without doing any extra paperwork. It's effortless. I've earned over 200 CME hours using UpToDate in the last six months. I also use UpToDate in my board exams since we can consult any of the resources we'd typically use in our practice.

Every physician can benefit immensely from using [UpToDate](#). I don't know how anyone can practice medicine effectively and keep up with current research without this amazing resource. I don't know how I would practice medicine without it.

“With UpToDate, everyone has immediate and constant access to current research and the most recent recommendations and guidelines, improving our collective ability to consistently deliver high-quality care.”

— Dr. Elizabeth Dilg



To subscribe to UpToDate risk-free visit store.uptodate.com.