NAME OR TEAM _____ DATE _____

The 10-minute check: what changed in your field?

Pick five topics you rely on every week, check each one at the body that issues it, and write down what you find. Print this sheet, or fill it in on screen.

1 Pick five topics

a drug, a threshold, a score, a protocol, a classification you rely on every week.

2 Find the issuing body

your specialty society, guideline body or vaccination committee; for drugs and devices, the regulator's product information or the manufacturer's instructions for use.

3 Open the current version

on that body's own website, not in a summary.

4 Compare with what you use

your book's edition, your saved PDF, your department's SOP, your practice handbook.

5 Write down the result

current, changed or "I couldn't tell", with the version and today's date.

#	Topic	Issuing body and source	Version found	Date checked	Verdict	Recheck (April 2027)
1					☐ current ☐ changed ☐ I couldn't tell	
2					☐ current ☐ changed ☐ I couldn't tell	
3					☐ current ☐ changed ☐ I couldn't tell	
4					☐ current ☐ changed ☐ I couldn't tell	
5					☐ current ☐ changed ☐ I couldn't tell	

WHAT YOUR RESULTS MEAN

All five current You're in good shape, or you chose stable topics.

One or more changed You've met the problem the article is about: the guidance moved and your copy didn't.

"I couldn't tell" Its sneakier cousin: your source doesn't say how old its information is. The most useful answer.

For healthcare professionals; not clinical advice. Read the source before changing a prescription. Fair warning: some national websites will turn ten minutes into twenty.

Where to look, and how to use the check with a team

Step 2 asks for the body that issues each topic. Start with the list for your country, then your specialty society.

ISSUING BODIES BY COUNTRY

Germany	AWMF, NVL, DEGAM, specialty societies (for cardiology, the DGK Pocket-Leitlinien), STIKO, BfArM and PEI, Rote-Hand-Briefe
Austria	specialty societies, NIG, BASG
Switzerland	specialty societies, BAG and EKIF, Swissmedic
Netherlands	NHG, FMS Richtlijnendatabase, CBG and Lareb
United Kingdom	NICE, BNF and BNFC, Resuscitation Council UK, the Green Book, MHRA
United States	ACC/AHA, ACR, USPSTF, CDC vaccine schedules, FDA labels
Europe	ESC, ERC, ESMO, EAN, ESO, ESR, EMA

USING THE CHECK WITH A TEAM

Audit your materials. Count the “changed” and “I couldn’t tell” verdicts now, then check the same five topics again six months later.

Measure people, not paper. Count, anonymously, how many of the five topics each person recalls correctly before opening the source.

In a practice, an assistant can find the source and its date; a doctor decides whether a clinical statement has changed.

In field and medical teams, send every “changed” or “I couldn’t tell” to medical-legal review.

Date this sheet and run the same five topics again in April 2027.

Want the five topics, their sources and dates in one place? Elumity keeps them on a map of your specialty.

Start with your five topics

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