NATIONAL NETWORK OF LIBRARIES OF MEDICINE (NN/LM)

NN/LM, formerly Regional Medical Library Program
Established in the Medical Library Assistance Act (1965)

Mission
- Provide health professionals and the general public with equal access to biomedical information

Coordinated by the National Library of Medicine

8 Regional Offices
- Support Network members to achieve NN/LM mission
- 5-year contracts
SERVICES/RESOURCES WE PROVIDE

- Promote NLM resources
- Provide training – like today!
- Provide training materials you can use
- Fund health information projects
- Promotional materials for health fairs
- Refer to local health information experts
- Consult on proposed outreach efforts
• Define evidence based nursing.

• Identify ways that evidence based nursing can be integrated into clinical practice.

• Recognize types of studies and describe how they relate to levels of evidence.

• Create well-built, answerable questions to support clinical practice.

• Identify online tools for finding evidence-based research.

• Formulate literature searches to find relevant evidence.
WHAT IS EVIDENCE-BASED NURSING AND HOW IS IT USED IN PRACTICE?
SOME STUDIES THAT I LIKE TO QUOTE

Source: James McCormack
http://youtu.be/lj8bPX8l1Ng
Evidence-based nursing is an approach to health care practice that enables nurses to provide the highest quality care based on the best evidence available to meet the needs of their patients.

Melnyk & Fineout-Overholt, 2005

The integration of the best research evidence with clinical expertise and patient values.

Sackett, Straus, Richardson, Rosenberg & Haynes, 2000

Evidence-based medicine: how to practice and teach EBM

2d ed. London, UK: Churchill Livingstone
TERMINOLOGY

Evidence-Based Practice (EBP)
Evidence-Based Health Care (EBHC)
Evidence-Based Nursing (EBN)
Evidence-Based Medicine (EBM)

Sackett's definition refers to all of these;
EBP and EBHC are more universally used.
Steps in Evidence Based Research

1. Asking answerable questions
2. Finding the best evidence
3. Critically appraising the evidence
4. Applying a decision
5. Evaluation

WHY PRACTICE EBN?

Assures patient receives most up-to-date care possible

Assists practitioner in dealing with increasing volume of medical literature

Allows patient and practitioner to work together to make informed decisions
EBN is not a collection of statistical summaries, ignoring patient preferences and clinical expertise.
EVIDENCE-BASED PRACTICE
WAYS TO INTEGRATE INTO CLINICAL PRACTICE

- Create evidence-based practices:
  - Unit
  - Hospital
  - Profession
- Take staff meeting time to discuss clinical questions
- Form a journal club
- Question “sacred cows”
- Conduct original research

How else?
Parachute use to prevent death and major trauma related to gravitational challenge: systematic review of randomised controlled trials.

Smith GP, Park JG

OBJECTIVES: To determine whether parachutes are effective in preventing major trauma related to gravitational challenge.

DESIGN: Systematic review of randomised controlled trials.

DATA SOURCES: Medline, Web of Science, Embase, and the Cochrane Library databases; appropriate internet sites and citation lists.

STUDY SELECTION: Studies showing the effects of using a parachute during free fall.

MAIN OUTCOME MEASURES: Death or major trauma, defined as an injury severity score > 15.

RESULTS: We were unable to identify any randomised controlled trials of parachute intervention.

CONCLUSIONS: As with many interventions intended to prevent II health, the effectiveness of parachutes has not been subjected to rigorous evaluation by using randomised controlled trials. Advocates of evidence-based medicine have criticised the adoption of interventions evaluated by using only observational data. We think that everyone might benefit if the most radical protagonists of evidence based medicine organised and participated in a double blind, randomised, placebo controlled, crossover trial of the parachute.

Reproduced in
Ileal-lymphoid-nodular hyperplasia, non-specific colitis, and pervasive developmental disorder in children.


WHAT ARE SOME OTHER CHALLENGES/CONCERNS ABOUT EBP?
WHAT ARE THE CHALLENGES AND CONCERNS OF IMPLEMENTING EBP IN NURSING?

Requires:
- Structures and processes to evaluate current practices
- Translation of new knowledge into a new practice
- Leadership for promoting EBP
- Training of clinical staff (direct care) and support
- Incorporating EBP in the daily practice of patient care
WHAT ARE THE CHALLENGES AND CONCERNS OF IMPLEMENTING EBP IN NURSING? (CONT.)

- New and unfamiliar
- Educating and training
- Practice is important so the process becomes easy to initiate and implement
- Being comfortable with selecting appropriate databases, developing good search strategies and conducting literature searches
- Being able to critically appraise information and studies
THERE IS A LOT OF RESEARCH!

Over 24 million citations in PubMed
Over 700,000 articles indexed per year!

Smoking cessation: 30293

Asthma: 149739

Diabetes: 505857
LEVELS OF EVIDENCE
LEVELS OF EVIDENCE

Source: http://bit.ly/1sXUaQ5
TYPES OF STUDIES

Case series and Case Reports
Case control studies
Cohort studies
Randomized, controlled clinical trials
Systematic Reviews
Meta-analysis
CASE SERIES AND CASE REPORTS

Collections of reports on the treatment of individual patients or a report on a single patient.

No control groups with which to compare outcomes, so limited statistical validity.
CASE SERIES

Source: http://library.downstate.edu/EBM2/2600.htm
CASE CONTROL STUDIES

Patients who already have a specific condition are compared with people without the condition. Researcher looks back to identify factors or exposures possibly associated with the condition, often relying on medical records and patient recall.

Less reliable because showing a statistical relationship does not mean than one factor necessarily caused the other.

Starts with patients who already have the outcome and looks backwards to possible exposures.
CASE CONTROL SERIES

Source: http://library.downstate.edu/EBM2/2500.htm
COHORT STUDIES

Take a large population who are already taking a particular treatment or have an exposure, follow them forward over time, and then compare for outcomes with a similar group that has not been affected by the treatment or exposure.

Observational and not as reliable as randomized controlled studies, since the two groups may differ in ways other than in the variable under study.

Starts with the exposure and follows patients forward to an outcome.
RANDOMIZED, CONTROLLED CLINICAL TRIALS

Carefully planned projects that introduce a treatment or exposure to study its effect on patients.

Include methodologies that reduce the potential for bias (randomization and blinding) and allow for comparison between intervention and control groups.

Is an experiment and can provide sound evidence of cause and effect.

Randomly assigns exposures and then follows patients forward to an outcome.
Usually focus on a clinical topic and answer a specific question. An extensive literature search is conducted to identify studies with sound methodology. The studies are reviewed, assessed, and the results summarized according to the predetermined criteria of the review question.
META-ANALYSIS

Thoroughly examines a number of valid studies on a topic and combines the results using accepted statistical methodology to report the results as if it were one large study.

The Cochrane Collaboration has done a lot of work in the areas of systematic reviews and meta-analysis.
CREATING THE WELL-BUILT, ANSWERABLE QUESTION
# THE 5 A’S

The Steps in the EBP Process:

<table>
<thead>
<tr>
<th>ASSESS the patient</th>
<th>1. Start with the patient -- a clinical problem or question arises from the care of the patient</th>
</tr>
</thead>
<tbody>
<tr>
<td>ASK the question</td>
<td>2. Construct a well built clinical question derived from the case</td>
</tr>
<tr>
<td>ACQUIRE the evidence</td>
<td>3. Select the appropriate resource(s) and conduct a search</td>
</tr>
<tr>
<td>APPRAISE the evidence</td>
<td>4. Appraise that evidence for its validity (closeness to the truth) and applicability (usefulness in clinical practice)</td>
</tr>
<tr>
<td>APPLY: talk with the patient</td>
<td>5. Return to the patient -- integrate that evidence with clinical expertise, patient preferences and apply it to practice</td>
</tr>
<tr>
<td>Self-evaluation</td>
<td>6. Evaluate your performance with this patient</td>
</tr>
</tbody>
</table>

URL: http://guides.mclibrary.duke.edu/ebmtutorial
ASSESS AND ASK
FORMING THE CLINICAL QUESTION

Identify key patient problem

Phrased to facilitate finding an answer

What treatment might be considered

Alternative treatments to consider

Outcome to avoid or promote
AND PICO WAS HIS NAME-O!
ASK AN ANSWERABLE QUESTION
-FOCUSED - SEARCHABLE - CLINICAL

P=Patient or problem or population(subjects)
I=Intervention, therapy, prognostic factor, or exposure
C=Comparison
O=Outcomes(results)
(T)=Time
FINDING THE EVIDENCE — USING PICO TO FORMULATE A SEARCH QUESTION

Choose your search terms

P
Teenagers
Adolescents
Young people

I
Brief Intervention
Brief advice
Brief counselling
Minimal advice

O
Smoking cessation
Stop smoking
Quit smoking

In our example the P in the PICO (patient or population) is teenagers. Authors may also describe them as adolescents or young people so these phrases are listed in order to increase our chances of retrieving a more comprehensive set of results.

Source: Center for Evidence-Based Medicine
http://www.cebm.net/finding-the-evidence/
PICO

P = Patient or problem
I = Intervention, prognostic factor, or exposure
C = Comparison
O = Outcomes
(T) = Time
INTERVENTION/THERAPY

In ______________________ (P),
How does ________________ (I)
Compared to ______________ (C)
Affect ____________________(O)
Within ___________________(T)?

ETIOLOGY

Are _____________________ (P)
Who have ________________(I)
Compared with those without _____ (C)
At __________ risk for ___________ (O)
Over _____________________(T)?

DIAGNOSIS

In __________________________(P),
Are/is _______________________(I)
Compared with ________________(C)
More accurate in diagnosing ______(O)?

# Identifying the Best Study

<table>
<thead>
<tr>
<th>Type of Question</th>
<th>Suggested best type of Study</th>
</tr>
</thead>
<tbody>
<tr>
<td>Therapy</td>
<td>RCT &gt; cohort &gt; case control &gt; case series</td>
</tr>
<tr>
<td>Diagnosis</td>
<td>Prospective, blind comparison to a gold standard</td>
</tr>
<tr>
<td>Etiology/Harm</td>
<td>RCT &gt; cohort &gt; case control &gt; case series</td>
</tr>
<tr>
<td>Prognosis</td>
<td>Cohort study &gt; case control &gt; case series</td>
</tr>
<tr>
<td>Prevention</td>
<td>RCT &gt; cohort study &gt; case control &gt; case series</td>
</tr>
<tr>
<td>Clinical Exam</td>
<td>Prospective, blind comparison to gold standard</td>
</tr>
<tr>
<td>Cost</td>
<td>Economic analysis</td>
</tr>
</tbody>
</table>

John is a 50-year-old life-long smoker. He has tried many times to quit but has been unsuccessful. His buddy mentioned that acupuncture worked for him. Is there evidence that it works?


Question adapted from: Supporting Clinical Care: An Institute in Evidence-Based Practice for Medical Librarians (2010)
What kind of question?

Therapy

Etiology

Diagnosis
PICO TEMPLATE

\[ \begin{align*} 
P &= \text{Patient or problem} \\
I &= \text{Intervention, prognostic factor, or exposure} \\
C &= \text{Comparison} \\
O &= \text{Outcomes} \\
(T) &= \text{Time} \\
\end{align*} \]
THERAPY

In ______________________ (P),
How does ________________ (I)
Compared to ______________ (C)
Affect ____________________(O)
Within ___________________(T)?
Jane brings her three-year-old son in to the emergency room. She says that her son has been having frequent fevers, which she has judged by feeling his forehead. Because she hasn’t been using a thermometer, you wonder if she could have accurately determined if he had a fever.

WHAT KIND OF QUESTION? 2

Therapy
Etiology
Diagnosis
REMEMBER PICO

P = Patient or problem

I = Intervention, prognostic factor, or exposure

C = Comparison

O = Outcomes

(T) = Time
In __________________________(P),
Are/is _______________________(I)
Compared with ________________(C)
More accurate in diagnosing ______(O)?
ADDITIONAL PRACTICE

DESCRIBE A PROBLEM FACED ON YOUR UNIT.
EVIDENCE-BASED RESOURCES
PUBMED HEALTH
HTTP://WWW.NCBI.NLM.NIH.GOV/PUBMEDHEALTH

- Clinical effectiveness research
- Summaries for practitioners and consumers
- Systematic Reviews
Abstracts (short technical summaries) of systematic reviews in DARE, the Database of Abstracts of Reviews of Effects—many of them include a critical summary of the review

Plain language summaries and abstracts of reviews from the Cochrane Collaboration

Full texts of reviews from a growing group of public agencies

Information developed by public agencies for consumers and clinicians that is based on systematic reviews

More info: http://1.usa.gov/1iKAAA8
SOURCES

Cochrane Collaboration-Plain Language Summaries
National Institute for Health and Care Excellence (NICE) (UK)
Agency for Healthcare Research and Quality (US)
National Cancer Institute-PDQ (Physician Data Query)
Dept. of Veterans Affairs-Evidence-based Synthesis Program
Canadian Agency for Drugs and Technologies in Health.
SEARCH RESULTS EXAMPLE 1
SEARCH RESULTS EXAMPLE 2

Delirium: Diagnosis, Prevention and Management (Internet)
This guideline covers adult patients (18 years and older) in a hospital setting and adults (18 and older) in long-term residential care. The guideline addresses: modifiable risk factors
NICE Clinical Guidelines - National Clinical Guideline Centre (UK).
Version: July 2010
Show search results within this document

Delirium: Screening, Prevention, and Diagnosis – A Systematic Review of the Evidence (Internet)
Delirium is a common syndrome in hospitalized or institutionalized adults. It is characterized by the acute onset of altered mental status, impaired by difficulty sustaining attention and
Evidence-based Synthesis Program - Department of Veterans Affairs (US).
Version: September 2011
Show search results within this document

Delirium (PDQ®): Health Professional Version
Expert-reviewed information summary about delirium as a complication of cancer or its
treatment. Supportive care and pharmacologic approaches to the management of
PDQ Cancer Information Summaries (Internet) - National Cancer Institute (US).
Version: January 9, 2013

Atypical antipsychotics in the management of delirium: a review of the empirical literature
OBJECTIVES: To review the existing literature of atypical antipsychotics in the treatment of
delirium and make recommendations regarding their use in the treatment of delirium.
Database of Abstracts of Reviews of Effects (DARE) Quality-assessed Reviews Internet - Centre for
Reviews and Dissemination (UK).
Version: 2005
Searching functionality needs work
Expect enhancements over time
Be as specific as possible-use words such as Prevention, Screening, Treatment, Management
NATIONAL GUIDELINE CLEARINGHOUSE
HTTP://GUIDELINES.GOV/

• Search evidence-based guidelines from a variety of sources
• Compare Guidelines side by side
• Save your favorite guidelines and organizations.
EXAMPLES-ORGANIZATIONS

American Academy of Child and Adolescent Psychiatry
American Psychiatric Association
American College of Physicians
Department of Veterans Affairs
Health Care for the Homeless (HCH) Clinician's Network
National Collaborating Centre for Mental Health (UK)
American Geriatrics Society
INCLUSION CRITERIA AS OF JUNE 2104

Documentation will need to be provided showing that the guideline is based upon a systematic review of the evidence.

Documentation must contain an assessment of the benefits and harms of the recommended care and alternative care options.

Source: http://www.guideline.gov/faq.aspx#Inclusion
Advanced Search

Select topics within the lists below to create a targeted search of summaries. As you make your selections, the number of available results will automatically update.

Specify a keyword: _______________________

Search indexing keywords only:

☐ Disease or Condition ☐ Treatment or Intervention ☐ Health Services Administration

Filter by:

☐ U.S.-based organizations only

Make selections to target your search

Clear all selections

Age of Target Population:

☐ Adolescent (13 to 18 years)
☐ Adult (19 to 44 years)
☐ Aged (65 to 79 years)
☐ Aged, 80 and over
☐ Child (0 to 12 years)

Methods Used to Assess the Quality and Strength of the Evidence:

☐ Expert Consensus
☐ Expert Consensus (Committee)
☐ Expert Consensus (Delphi Method)
☐ Subjective Review
☐ Weighting According to a Rating Schema/Scale

Clinical Specialty:

☐ Allergy and Immunology
☐ Anesthesiology
☐ Cardiology
☐ Chiropractic
☐ Oral and Dental Surgery

Publication Year:

☐ 2014
☐ 2013
☐ 2012
☐ 2011
☐ 2010
Compare Guidelines

Generate side-by-side comparisons for any combination of two or more guidelines. For optimal readability, we recommend comparing no more than three guidelines at once.

The guidelines collected are retained throughout your session, so you may compare guidelines from multiple searches and browsers. However, closing your browser will clear all collected guidelines. For more information on which guideline attributes are compared, see the Guideline Comparison Template.

Select all | Deselect all

  Institute for Clinical Systems Improvement - Nonprofit Organization.

  National Institute for Health and Care Excellence (NICE) - National Government Agency [Non-U.S.].

  Hartford Institute for Geriatric Nursing - Academic Institution.
PUBMED
HTTP://WWW.PUBMED.GOV/
WHAT IS PUBMED?

The world’s premiere biomedical bibliographic database
Online access to the MEDLINE database

Contains more than 24 million citations to journal articles in these major content areas:
- Biomedical Sciences
- Nursing, Dentistry, Pharmacy and Allied Health
- Veterinary Medicine
- Preclinical sciences
SEARCHING PUBMED USING PICO

Tutorial (Duke University):
http://guides.mclibrary.duke.edu/content.php?pid=431451&sid=3530477
Results: 1 to 20 of 111462

1. MicroRNA-451 Exacerbates Lipotoxicity In Cardiac My Hypertrophy In Mice through Suppression of the LKB1
Kuwabara Y, Horie T, Baba O, Watanabe S, Nishiga M, Kita T, Kimura T, Ono K.
Circ Res. 2014 Oct 31; pii: CIRCRESAHA.114.304707 [Epub ahead
PMID: 25362209 [PubMed - as supplied by publisher]

2. The Expression of GPR109A, NF-kB and IL-16 in Peri Type 2 Diabetes.
Liu F, Fu Y, Wei C, Chen Y, Ma S, Xu W.
PMID: 25361930 [PubMed - in process]

3. Association of impaired fasting glucose, diabetes and outcome of peripheral artery disease: a cohort study.
Golledge J, Quigley F, Velu R, Walker PJ, Moxon JV.
PMID: 25361884 [PubMed - as supplied by publisher]
CUSTOMIZING PUBMED USING MY NCBI

My NCBI allows you to:

- Save records (Collections, My Bibliography)
- Save searches (Saved Searches)
- Customize your results
  (Filters, My NCBI Preferences)
A PUBMED SUBJECT SEARCH

Be specific

Don’t use quotation marks

Don’t worry about capitalization

Use key words for main concepts

Leave out words like the, of, for

The word “and” is a Boolean operator; it is assumed and automatic
AUTHOMATIC TERM MAPPING

Subject
Journal

Author and Investigator names

As soon as PubMed finds a match, the mapping stops. That is, if a term matches in the MeSH Translation Table, PubMed does not continue looking in the next table.

If no match is found, PubMed breaks apart the phrase and repeats the process until a match is found.
ENTRY TERMS AND MAPPING

NSAIDS $\rightarrow$ anti-inflammatory agents, non-steroidal
Heart attack $\rightarrow$ myocardial infarction
Varicella $\rightarrow$ herpesvirus 3, human OR chickenpox
Nurse $\rightarrow$ nurses OR breastfeeding

DVT $\neq$ Deep Vein Thrombosis
PID $\neq$ Pelvic Inflammatory Disease
(Will demonstrate using MeSH Browser &
Search Details

Query Translation:

"pulmonary disease, chronic obstructive"[MeSH Terms] OR "pulmonary"[All Fields] AND "disease"[All Fields] AND "chronic"[All Fields] AND "obstructive"[All Fields]) OR "chronic obstructive pulmonary disease"[All Fields] OR "cold"[All Fields] OR "common cold"[MeSH Terms] OR "common"[All Fields] AND "cold"[All Fields]) OR "common cold"[All Fields] OR "cold"[All Fields] OR "cold temperature"[MeSH Terms] OR ("cold"[All Fields] AND "temperature"[All Fields]) OR "cold temperature"[All Fields]
PHRASE SEARCHING

When searching for phrases:

• Search the phrase first without quotes or search tags.

• Check Search details to see how the search was translated.

• Use quotes only when your phrase is broken apart.

Sometimes even quotes won’t work because not all phrases are recognized as phrases.

- Searching a phrase in quotes shuts off Automatic Term Mapping
PHRASE SEARCHING EXAMPLE

aids drugs breast feeding = 418
(processed using ATM, many relevant results)

“aids drugs” AND “breast feeding” = 3
(very limiting; okay for specific items)

Retrovirus meeting. Hope on new AIDS drugs, but breast-feeding strategy backfires.
Cohen J.
COMBINING SEARCH TERMS

AND OR NOT

USE FILTERS TO NARROW SEARCHES
FILTERS-SUBJECTS

FILTERS-JOURNAL CATEGORIES

Subjects
AIDS
Cancer
more ...

Journal categories
Core clinical journals
Dental journals
MEDLINE
Nursing journals

Clear all
Show additional filters

Additional filters
- Text availability
- Publication dates
- Species
- Article types
- Languages
- Sex
- Subjects
- Journal categories
- Ages
- Search fields

SEARCH RESULTS WITH FILTERS APPLIED

Filters activated: Abstract available, published in the last 5 years, English

63 free full-text articles in PubMed Central

Use of lipid-based nutrient supplements by HIV-infected Malawian women during lactation has no effect on infant growth from 0 to 24 weeks.

Flax VL, Bentley ME, Chasela CS, Kayira D, Hudgens MG, Knight RJ, Soko A, Jamieson DJ, van der Horst CM, Adair LS.


PMID: 22849285 [PubMed - indexed for MEDLINE]

Related citations
ONE GOOD ARTICLE LEADS TO MORE!

Results: 1 to 20 of 209

1. Calkin S.
   Health Serv J. 2012 Apr 26;122(6303):10-1. No abstract available.
   PMID: 22741353 [PubMed - indexed for MEDLINE]
   Related citations

2. Rate of serious adverse effects in a series of bevacizumab and ranibizumab injections.
   Sharma S, Johnson D, Abouammoh M, Hollands S, Brissette A.
   PMID: 22687306 [PubMed - indexed for MEDLINE]
   Related citations
Does daily exercise improve physical activity in school age students?
Search by Clinical Study Category

- Category
  - Etiology
  - Diagnosis
  - Therapy (default)
  - Prognosis
  - Clinical prediction

- Scope
  - Narrow specific search
  - Broad sensitive search (default)

Systematic Reviews
Medical Genetics Searches
SENDING SEARCH RESULTS

Results: 1 to 20 of 417

1. Use of lipid-based nutrient supplements by women during lactation has no effect on infant weight gain in weeks.

2. Pregnancy and infant outcomes among HIV long-term ART with and without tenofovir in

Choose Destination

- File
- Clipboard
- Collections
- E-mail
- Order
- My Bibliography
- Citation manager

2 selected items

Format

Summary

Sort by
Recently Added

E-mail

Subject

2 selected items - PubMed

Additional text

E-mail
A randomized trial of nicotine-replacement therapy patches in pregnancy.


Division of Primary Care, U.K. Centre for Tobacco Control Studies and National Institute for Health Research School for Primary Care Research, University of Nottingham, Nottingham, United Kingdom.

Abstract

BACKGROUND: Nicotine-replacement therapy is effective for smoking cessation outside pregnancy and its use is widely recommended during pregnancy. We investigated the efficacy and safety of nicotine patches during pregnancy.

METHODS: We recruited participants from seven hospitals in England who were 16 to 50 years of age with pregnancies of 12 to 24 weeks' gestation and who smoked five or more cigarettes per day. Participants received behavioral cessation support and were randomly assigned to 8 weeks of treatment with active nicotine patches (15 mg per 16 hours) or matched placebo patches. The primary outcome was abstinence from the date of smoking cessation until delivery, as validated by measurement of exhaled carbon monoxide or salivary cotinine. Safety was assessed by monitoring...
QUICK QUIZ

Nursing and the case for dry heat
http://bit.ly/1oLGy7p

Physical therapy and the Magnetic Bracelet
http://bit.ly/VH1eSz

1) Read the paragraph under ASSESS the Problem.
2) Answer the questions under ASK the question and ACQUIRE the evidence

Credits:
Staff at Duke University Medical Center Library and the Health Sciences Library at the University of North Carolina at Chapel Hill.
Jane brings her three-year-old son in to the emergency room. She says that her son has been having frequent fevers, which she has judged by feeling his forehead. Because she hasn’t been using a thermometer, you wonder if she could have accurately determined if he had a fever.

Worksheet: http://bit.ly/RxZKFm
FIND AN ANSWER FOR JOHN!

John is a 50-year-old life-long smoker. He has tried many times to quit but has been unsuccessful. His buddy mentioned that acupuncture worked for him. Is there evidence that it works?


Question adapted from: Supporting Clinical Care: An Institute in Evidence-Based Practice for Medical Librarians (2010)
APPRAISE & APPLY

Appraise information for validity

Apply:
- Talk to patient
- Integrate evidence into clinical practice, patient preference, and apply
CRITICAL APPRAISAL QUESTIONS

Are the results of the study valid?

What were the results?

Will the results help me in caring for my patients?
Knowledge Translation Clearinghouse:

http://ktclearinghouse.ca/cebm/practise/ca/worksheets
SELF- EVALUATION

How did you do?
VIVA LA EVIDENCE!

http://youtu.be/QUW0Q8tXVUc
PRACTICE SCENARIOS

- You are a nurse in the NICU. You want to improve mother-child bonding and reduce infant mortality. You want to try “kangaroo care”. How do outcomes compare to conventional neonatal care?

- You are a nurse manager on a surgical unit. You notice that patients that bring music to listen to seem to complain less about postsurgical pain. Is there any evidence to support your observation?

- A mother of an 11 year old boy wonders if she should buy an electric toothbrush for her son but does not want to spend the money if there’s no proof that electric toothbrushes are better than the manual ones she gets free at the dentist.

Or, come up with your own!
FOR YOUR PRACTICE

• PICO
• Clinical Question
• Search terms
• Search PubMed

Worksheet: http://bit.ly/RxZKFm
KEEPING UP TO DATE: NATIONAL ELF SERVICE

National Elf Service: http://www.nationalelfservice.net/

[Diagram showing various categories such as Commissioning, Dental, Diabetes, Education, Learning Disabilities, Lifestyle, Mental, Musculoskeletal, Social Care, Stroke]
KEEPING UP TO DATE: AHRQ

http://www.ahrq.gov/
At the conclusion of this activity, participants will be able to:

Describe the 5 major steps in conducting a systematic review.

List the evidence-based resources available on the AHRQ Web site, including those available through the EHC Program.

Locate the resources available on the USPSTF Web site, including the ePSS tool.

Explain how the EHC Program resources, the USPSTF recommendations, and the ePSS tool can be integrated into APRN clinical decisionmaking.

Demonstrate how to download the ePSS application to a PDA or mobile device.
QUESTIONS?
THANK YOU!

Kate Flewelling, MLIS
National Network of Libraries of Medicine, Middle Atlantic Region
http://nnlm.gov/mar/
flewkate@pitt.edu