FINDING THE EVIDENCE: PART 1

PHYSICAL THERAPY RESEARCH GUIDE

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Objectives

• Identify the need for information
  – how to form an answerable question
• Identify needed resources
  – Background: Textbooks, Summaries, Anatomy tools
  – Foreground: guidelines, Systematic Reviews, studies
• Determine where to find resources
  – Via Summon, Course Guide
SCHEDULE

• Feedback on survey

• ASK:
  – Create a clinical question

• ACQUIRE
  – Identify resources for PT
  – Discover search tools in Pubmed
Specific techniques

Boolean operators

is MORE

is LESS
Truncation Symbol

Add *
to the end of a word

Walk*

To find
walk, walks, walking, walked, walker, walkers
Truncation symbol *

Add *

at the end of a word

Walk*
Truncation symbol *

Add *
at the end of a word

Walk*  

Finds  
walk, walks, walking, walked, walker, walkers
Wildcard symbols vary

? or #

Include different spelling
Wildcard symbols vary

? or #

Include different spelling

Colour or color
Paediatric or pediatric
Woman or women
USING UBC LIBRARY

- [www.library.ubc.ca](http://www.library.ubc.ca)
- Login with CWL; AskAway; Research help; Librarian
- General search & other tabs
  - Summon: Full text, books/ebooks
  - Folders and citing
- [Physical Therapy Research Guide](http://physicaltherapyresearchguide)
  - PT resources; workshop slides
Activity: ASK

- Consider your topic
- Create a PT clinical question
- Identify the PICO
- Share
Sources of Information

- Different information sources
- Have different uses
- At different times
Levels of Evidence

1. Background Information / Expert Opinion
2. Individual Study with Appropriate Design for Questions
3. Critically Appraised Individual Articles
4. Critically Appraised Topics
5. Systematic Reviews

Quality of Evidence

Filtered Information
Types of Sources

• Background questions:

• Use:
  – Textbooks; EBP resources; Internet websites

• Search technique:
  – 1 or 2 concepts from PICO
Activity: Background Questions

What element of your PICO do you need more information about?

Which items on the list would be suitable sources?
Evaluation

• A Authorship
• A Authority
• A Accuracy
• C Currency
• O Objectivity
• S Scope
Background Activity

In your group search the sources for your background questions

– Decide which source you prefer

– Make a recommendation

– Offer search tips
Tips

• Textbooks - general information;
  – Look in PT books specifically
  – Look for a chapter
  – Consider manifestation of the disease eg paresis for stroke
Types of Sources

Hierarchy

- Systems
  - Summaries
    - Synopses of Syntheses
    - Syntheses
    - Synopses of Studies
    - Studies

Type of source

- Computerised decision support systems
  - BMJ Clinical Evidence, DynaMed, eMedicine, PIER, First Consult, UpToDate

- Evidence-based clinical practice guidelines
  - Evidence-based textbooks
  - ACP Journal Club, DARE

- Evidence-based abstraction journals
  - Cochrane Database, PubMed Clinical Queries, OTSseeker, PEDro, PsychBITE, SpeechBite, Joanna Briggs Institute

- Systematic Reviews
  - ACP Journal Club, Evidence Updates, Evidence-Based Nursing, Evidence-Based Medicine

- Evidence-based abstraction journals
  - PubMed/Embase, CINAHL, RAHAB+, OTSEEKER, PEDro, PsychBite, Speechbite, PsychINFO

- Original articles published in journals
  - Full list of links (pdf)

Sources

• Foreground questions
  – Choices, decision-making

• Use
  – Synopses
  – Research studies

• Search
  – Use 2 or more P I C O elements
SELECTIVE SOURCES

• EVIDENCE SUMMARIES
  – Dynamed, Joanna Briggs Institute,

• CLINICAL PRACTICE GUIDELINES
  – Pedro, Dynamed,

• SYSTEMATIC REVIEWS
  – Pubmed, Medline, CINAHL, EMBASE, Cochrane Database
Activity

• Use Clinical Evidence Resources
  – Which sources are effective?
  – What type of information does each source contain?
FINDING SR and Studies

• Pubmed Clinical Queries
  – Systematic Reviews
  – Clinical topics: therapy, diagnosis etc.
Activity

• Go to Pubmed via Library homepage
  – Search your question using *Clinical Queries*
• Check out how your search was translated
• Medical Subject Headings (MeSH)
Database searching

Efficiency: working in a well-organized and competent way

• Well Organized
  – Structured searching

• Competent
  – Subject headings, keywords, boolean operators, limits
Licensed topical databases

- PUBMED/MEDLINE
- EMBASE
- CINAHL
- Other

Peer reviewed
Scholarly
Specific
Specialised
WRAP UP

• TODAY WE COVERED:
  – UBC Library services and resources
  – How to use PICO to design search process
  – Pre-appraised evidence sources for Rehab
  – Search tools in Pubmed and CINAHL

• Any questions
Activity

REVIEW

• Things to find: articles, information
• Resources: databases
• Skills: techniques
• Finding: Narrow, relevant results
• Be efficient and effective
NEXT 2 CLASSES

• *Finding the Evidence II* – Mar 11
  – PT databases
  – Structured Search in Medline (Ovid)

• *Tutorials* – Mar 18
  – Practice for Exam on Mar 22
NEXT SESSION

Woodward Library Computer Lab
(3 groups check Canvas)
Resources

• PT Research Guide
  – Finding the Evidence I 21st January 2019

• Course Guide PHTH 526
  – Slides and Handouts
  – OVID Tutorials

• Library
  – Librarians email: wd.ref@ubc.ca
  – Information Desk