Where and How Can I Find Evidence?

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Objectives

1. Develop Search Strategies
2. Overview of EBP Resources
3. Conduct Database Searches
4. Hands-on Exercises

How Can I Find Evidence in Literature?

- Ask a clinical question and clearly define your question by identifying the problem, intervention, comparison, and outcomes
- List appropriate search terms that can be used for your searching evidence
- Set limits to the search in terms of gender, age, publication type, research design, year of publication, etc.

Process of Implementing EBP

A Clinical Case

- You have recently been appointed to a post that includes a unit specializing in the care of people who are HIV-positive or who have AIDS. You are exploring potential areas of OT intervention. You notice that many of the clients appear to be experiencing high levels of anxiety, which limits their occupational performance. You have also read that levels of anxiety may affect the body immune responses.

Use of research evidence

Critical appraisal

Literature searching

Occupational therapy treatment process clinical decisions

Asking clinical questions
A Clinical Case

You feel that an area of OT intervention might be in anxiety management. However, before embarking on designing an anxiety management program you decide to explore whether this is an effective intervention and what evidence exists to support your proposal for establishing anxiety management as part of the OT intervention on the unity.

Taylor (2007)

Formulate a Question

What is the evidence for the value of anxiety management (I) as a means of improving function/occupational performance/immunity/quality of life (O) in clients who are HIV-positive or who have AIDS (P)?

PICO MODEL

<table>
<thead>
<tr>
<th>P</th>
<th>I</th>
<th>C</th>
<th>O</th>
</tr>
</thead>
<tbody>
<tr>
<td>Patient</td>
<td>Intervention</td>
<td>Comparison</td>
<td>Outcome</td>
</tr>
<tr>
<td>Describe your patient and their problem</td>
<td>Describe the main intervention/assessment</td>
<td>If applicable, describe the comparative or alternative intervention/assessment</td>
<td>Describe what you hope to achieve</td>
</tr>
</tbody>
</table>

PICO Components

- **Problem**: Anxiety in clients with HIV/AIDS
- **Intervention**: Anxiety management
- **Comparison**: Not applicable
- **Outcome**: Improved function and occupational performance; improved immunity; and improved quality of life

List Appropriate Search Terms

<table>
<thead>
<tr>
<th>Problem</th>
<th>Intervention</th>
<th>Outcome</th>
</tr>
</thead>
<tbody>
<tr>
<td>HIV</td>
<td>anxiety management; stress management</td>
<td>quality of life; immunity; function performance; occupational performance</td>
</tr>
</tbody>
</table>

Develop Search Strategies

- **Boolean Operator**: AND

HIV AND anxiety
Develop Search Strategies

• Boolean Operator: OR

Contain any of two terms

anxiety management OR stress management

Develop Search Strategies

• Boolean Operator: NOT

Eliminate the records you don’t want

adult NOT children

Develop Search Strategies

• Truncation
  – Symbols used when searching for suffix variations
  For example: child* retrieves child and children
  therap* retrieves therapy, therapies, therapist and therapists

Develop Search Strategies

• Quotation Marks
  – Search an exact phrase “anxiety management”

• Search String
  – (HIV OR human immunodeficiency virus OR AIDS) AND (anxiety OR stress)

• Limit Functions
  – Many databases provide the limit functions which you can select.

Where Can I Find Evidence?

Sources of Evidence

• Books, conferences or journals?
• Most relevant databases for OT
  – PubMed: Medicine and more
  – EMBASE: Medicine and more
  – CINAHL: Nursing and allied health
  – Cochrane Library: Evidence-based medicine
  – OT Seeker: Occupational Therapy Systematic Evaluation of Evidence
Sources of Evidence

- OT Search: OT bibliographic database
- PEDro: The Physiotherapy Evidence Database
- PsycINFO: Psychology and psychiatry

PubMed: Systematic Reviews

- A systematic review summarizes the results of available carefully designed healthcare studies (randomized controlled trials) and provides the highest level of evidence on the effectiveness of healthcare interventions.
- This search function helps you find citations for systematic reviews, meta-analyses, reviews of clinical trials, evidence-based medicine, consensus development conferences, and guidelines.

PubMed

- Scope: medicine, occupational therapy, pharmacy, and more ...
- Coverage: from 1948 to the present
- Source: over 5,000 biomedical journals from over 70 countries and 19 million citations
- Access: free

Clinical Queries

- PubMed offers a user-friendly approach to evidence-based searching.
- Clinical Queries is designed for busy practitioners. Its interface provides fast access to reliable clinical studies.
CINAHL with Full Text

- CINAHL (Cumulative Index to Nursing and Allied Health Literature) is the authoritative resource for nursing and allied health. It contains journals, book reviews, dissertations, proceedings, etc.
- It covers more than 2,737 journals and provides full text for more than 600 journals dating back to 1981. Eight users have been purchased.
- It includes 49 occupational therapy and 108 physical therapy.

PsycINFO

- PsycINFO is a product of the American Psychological Association (APA).
- Contains about 2.4 million citations and summaries of scholarly journal articles, book chapters, books, and dissertations in psychology and related disciplines, dating as far back as the 1800s.

• 98 percent of the covered material is peer-reviewed.
• Includes international material selected from more than 2,200 periodicals in more than 27 languages.

OT Search

- Coverage
  - Occupational therapy, including rehabilitation, education, psychiatry, psychology, etc.
  - Includes citations to journal articles, books, proceedings, reports, dissertations, and theses.
  - 1911-present
**Cochrane Library**

- The Cochrane Library is a collection of evidence-based medicine and clinical practice.
- Consists of
  - Cochrane Database of Systematic Reviews (CDSR)
  - Database of Abstracts of Reviews of Effectiveness (DARE)

**Cochrane Library**

- Consists of
  - Cochrane Central Register of Control Trials (CENTRAL)
  - Cochrane Database of Methodology Reviews (CDMR)
  - Cochrane Methodology Register (CMR)
  - Health Technology Assessment Database (HTA)
  - NHS Economic Evaluation Database (NHS EED)

**Cochrane Library**

- It brings the above databases together in one place for users to look at the effectiveness of different health care treatments and interventions.

**OT Seeker**

- *OT Seeker* is a free database that contains abstracts of systematic reviews and randomized controlled trials relevant to *occupational therapy*.
- Trials have been critically appraised and rated to assist you to evaluate their validity and interpretability. These ratings will help you to judge the quality and usefulness of trials for informing clinical interventions.
PEDro

• PEDro is the Physiotherapy Evidence Database.
• It provides bibliographic details and abstracts of randomized controlled trials, systematic reviews and evidence-based clinical practice guidelines in physiotherapy.
• Most trials on the database have been rated for quality to help you quickly discriminate between trials which are likely to be valid and interpretable and those which are not.

Contact Information

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