

Atlantic Health System

Atlantic Health

Evidence Based Practice: the Literature Workbook

PICO

When looking for evidence a critical component is constructing the question in a way that will find results.

Patient, Population or Problem

What are the characteristics of the patient or population?

What is the condition or disease you are interested in?

What is the nursing process problem ?

Intervention or exposure

What do you want to do with this patient?

How do you want to change the nursing process?

Comparison

What is the alternative to the intervention ? (ie Placebo, no change to process, different drug)

Outcome

What are the relevant outcomes (e.g. morbidity, death, complications, efficiency, patient satisfaction?)

Problem one Your patient is a 68-year-old woman with osteoarthritis and moderate hypertension, She has seen information on one of the new COX-2 inhibitors on the internet. She has heard that they cause less GI bleeding. She, however, is also concerned that the new drugs will mean more out of pocket costs each month.

P: 68 year old woman with osteoarthritis and moderate hypertension

I: COX-2 Inhibitor

C: other NSAIDS

O: Pain control / Less GI bleeding

In a 68 year old woman with osteoarthritis of the knee, can COX-2 Inhibitor use decrease the risk of GI Bleeding compared with other NSAIDs?

Example two The nurses on the medical surgical floor have heard that Music can help their Surgery patients to control their pain. They are thinking on implementing this on their floor. They have been asked to provide evidence that it will work before they start using this therapy

- P: Adult Surgery Patients
- I: Music therapy
- C: no music therapy
- O: Pain control

Question: Will adult surgery patients benefit from music therapy when trying to control postoperative pain?



Systematic reviews/meta analysis

Cochrane Systematic reviews/meta analysis of Clinical trails on subject. Updated Quarterly. At Atlantic Health available fulltext in OVID

The Database of Abstracts of Reviews of Effect (DARE)**contains** structured abstracts of systematic reviews from a variety of medical journals At Atlantic Health this is also available fulltext in OVID

Other Systematic reviews/meta analysis as indexed in Medline

Joanna Briggs Institute : JBI Library of Systematic Reviews. This License is for Morristown physicians and Nurses . . Login for Joanna Briggs MorristownNJ jbi2548

Critically Appraised Topics

Clinical practice guidelines from Associations and AHRQ. Most are available free on the Internet.

Others would be Info Poems or Pier. We do not have these available here.

Critically-Appraised Individual Articles

The ACP Journal Club : Available in Ovid through AtlanticHealth.

Evidence-Based..." Journal series : All available online through AtlanticHealth.

Evidence-Based Medicine, Evidence-Based Mental Health, Evidence-Based Nursing

Unflitered Sources : Each one of these unfiltered sources has the ability to limit a search to relevant evidence as those listed in the pyramid. A large portion of this class will focus on how to limit searches. These sources help you find the individual articles that give you evidence on your topic.

Ovid Medline

Pubmed

Cinahl Plus Full text

References in background information such as Micromedix, Dynamed, Uptodate and others may also link to evidence.

Background Information : Note all online material is updated more frequently than print.

Micromedix

Natural Standard

Dynamed

UptoDate

eMedicine

MdConsult

Online books

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Selected Resources

Ovid Resources: (1) EBM Reviews - Cochrane Database of Systematic Reviews 2005 to August 2010

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You will see that this one yields no results. This is because to search pain control you really want to search pain and use the subheadings for treatment.

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Then search Music therapy. If you are not sure which heading you can select both and combine them with an or right from this screen.

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Make sure you clear the search bar and then click the boxes in front of the searches you want to combine. Here Select both searches and combine with AND by pressing on the button above the searches

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disease (ESRD) and might be valuable in assessing the prognosis. We evaluated the predictive value of echocardiography along with clinical findings in a low-risk hemodialysis (HD) population	Impact of volume control on left ventricular hypertrophy in dialysis patients [J Nephrol. 2002]
who had been treated with strict salt restriction strategy for blood pressure control. METHODS: Study population consisted of a cohort of 555 ESRD patients from 8 HD centers	Interdialytic weight gain and survival in hemodialysis patients: effects [Kidney Int. 2000]
where the same strict volume control strategy applied for blood pressure control. Clinical findings and echocardiography were examined as predictors of mortality for a mean follow-up period of 3	Arterial wave reflections and mortality in haemodialysis r [Nephrol Dial Transplant. 2006]
years (29.6 +/- 11.6 months).	See reviews
RESULTS: During the follow-up, 89 patients (16%) died. Left atrium (LA) volume index was the only independent echocardiographic predictor of mortality (hazard ratio 1.025, 95% CI 1.001- 1.050, P = 0.42). The other predictors of mortality were age pulse pressure diabetes mellitus	See all

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