Seven steps to information and evidence in CareSearch



The CareSearch website has an Evidence Centre with evidence-based information relevant to the care of people with need for palliative care. When looking for clinically relevant information, there are seven steps you can follow to find the most appropriate type and level of evidence where it exists. We will use the example of 'fatigue.'

Step 1: Is it mentioned in relevant clinical guidelines?

Guidelines help health professionals to make evidence-based decisions in a timely way. Click on <u>Evidence Centre</u> in the main menu to open the submenu. Click on <u>Practice Ready Evidence</u> then click on <u>Palliative Care Guidelines</u>. Here you will find Australian and International clinical guidelines.

Step 2: Is there pre-appraised evidence?

Pre-appraised evidence helps busy clinicians with a summary of the evidence.



Click on <u>Practice Ready Evidence</u> then click <u>Clinical Evidence Summaries</u>. Search for fatigue in the right hand menu. These pages are summaries of the evidence i.e., what is known from systematic reviews relating to a specific clinical topic such as Fatigue or Care of the Dying Person. This, and all other Clinical summaries and syntheses, are based on systematic reviews (and where needed empirical studies) harvested from Ovid Medline, CINAHL, PsycINFO and Embase. You will also find on this page a link to cite this page if needed.

Step 3: Search for quality evidence reviews

In step 2 above, in the Clinical summary page for 'fatigue', under 'Related evidence' there were links to <u>PubMed Search</u> and <u>Review Collection</u>.

The <u>Systematic Review Collection</u> is curated by CareSearch and covers a range of clinical topics relevant to palliative care. Reviews describing a systematic search strategy and methods for data synthesis are included. Reviews are harvested from multiple databases and the collection is updated each month.



Step 4: Search Palliative Care PubMed Searches

The <u>PubMed Search</u> link is a one-click access point for a pre-written PubMed Search using the <u>palliative care filter</u> to retrieve articles related to the topic. For our example this takes us to the corresponding PubMed search page for the topic of fatigue in the palliative care context. PubMed Topic Search uses the Palliative Care Search Filter and selected MeSH terms and text words to automatically retrieve relevant citations from the PubMed database.

PubMed is a publicly available database. If there is not a pre-written search, you can use <u>CareSearch Quick Search</u> or follow our instructions to create your own.

NIH National Libr	ary of Medicine	Log in
Pub Med.gov	(fatigue(mh) AND (advance care planning(mh) OR attitude to death(mh) OR X Searc Advanced Create alert Create RSS User	
	Save Email Send to	Sorted by: Best match Display options 🔅
MY NCBI FILTERS	651 results	\ll $<$ Page 1 of 66 $>$ \gg
RESULTS BY YEAR	Physiotherapy programme reduces fatigue in patients with advanced cancer receiving palliative care: randomized controlled trial. Cite Pystora & Budyrkki J, Wojck A, Protopa A, Kajnik M. Support Care Cancer: 2017 Spec5992399-2080. doi: 10.1007/60520-017-3742-4. Epub 2017 May 16. PMID: 28508278 Free PMC article. Clinical Trial. PURPOSE Cancer-related frague (CRF) is a common and relevant symptom in patients with advanced cancer that significantly decreases their quality of ME. The ain of this study was to evaluate the effect of a physiotherapy programme on CRF and other symptoms in pat	
Abstract Abstract Free full text Full text Artributte AstricLE Artributte Associated data	High-Dose Vitamin C in Advanc Zasowska-Nowak A, Nowak P, Cistkow Nortinen: 201 F62 6/301/375. doi:10 PMID:33652579 Free PMC article. We also have not found the rationale for and to reduce the chemotherapy-induce palliative care, high-dose NC might be	ed-Stage Cancer Patients. ka-Ryz A. 3390mu13030703. Review. the use of IVAC to increase the effectiveness of chemotherapy the use of IVAC to increase the effectiveness of chemotherapy the use of IVAC to increase the effectiveness of chemotherapy the use of the use of the considered as a therapy impro
ARTICLE TYPE Books and Documents Clinical Trial	Effectiveness of exercise-based of life in head and neck cancer Samuel SR, Maiya AG, Fernandes DJ, Guc Support Carc Cancer. 2019 Oct;27(10):3	rehabilitation on functional capacity and quality patients receiving chemo-radiotherapy. Idatu V, Saxena PUP, Kurian JR, Lin PJ, Mustian KM. 913-3920. doi: 10.1007/s00520-019-04750-z. Epub 2019 Mar 27.

Step 5: Check the specific clinical hubs and sections

There is practical guidance and resources for different <u>health professionals and settings</u> <u>of care</u>. This includes sections for GPs, Nurses, Allied Health, and care for Aboriginal and Torres Strait Islander peoples.

Step 6: Search the Grey Literature

If there is not information in the published literature you can look for grey literature, including literature that is hard to find because it is not published or not indexed. Click on <u>Searching for Evidence</u> in the menu and <u>Grey Literature Searches</u> in the submenu, then click on <u>Grey Literature Database</u>. To search the database for relevant items, enter 'fatigue' or another search term in the search box. The database has five types of Australian grey literature – Conference Abstracts, general Grey literature (e.g., government reports), National Palliative Care projects, Quality Improvement, and in progress Research Studies.

Step 7: Finding out more about evidence and translation

Sometimes when you find evidence suggesting the need for change, translating this into practice can be a challenge. If you need more evidence, go to the Evidence Centre. As well as finding evidence, here you can learn about moving evidence into practice. Using evidence and knowledge to bridge the research-practice gap and bring about broader change to care and service delivery requires a team effort. Click on Translation Training. To help you understand what is required, and to assist with getting started in knowledge translation here we examine the core activities and principles. For more on Quality Improvement return to the main menu and click on Evidence Training.

Visit CareSearch Evidence Centre



