

Out of the Depths and into the Shallows

Ruth M Sladek (MPH, PhD) & Jennifer Tieman (BSc, MBA)

Finding Evidence

- Many feel out of their depth and overwhelmed
- Expectation to 'know' but it **is** complex
- Today is for the beginner



Finding Evidence

- Lack of skills, knowledge, time, confidence, support, training
- Palliative care is diffuse & multi-disciplinary

Finding Evidence

- Risks when 'out of your depth'?
 - Not finding good evidence that does exist
 - Finding poor evidence & thinking it's good
 - Time, paper, frustration, giving up ...

Finding Evidence

- No magic bullets ... lifelong learning
- But basic advice & simple strategies will help
- Two goals
 - *What* should you look for?
 - *Where* should you look?

What should you look for?

- Systematic reviews or evidence based guidelines
- What are they?
 - Explicit methodology, ie, replicable
 - Exhaustive searches for primary research using inclusion/exclusion criteria
 - Quality appraisal undertaken
 - Potentially level 1 evidence (NHMRC)

What should you look for?

An example:

Engstom J, Bruno E, Holm B, Hellzen O.

“Palliative sedation at end of life”

European Journal of Oncology Nursing 2007: 11; 26-35.

- Describe their methods (ie, replicable)
- Found 69 possible studies of interest (ie, exhaustive search)
- After review (ie, appraisal), report 15 best studies

Where should you look?

- Reputable sources developed by those who do have the skills, time, knowledge, confidence, support, training,
- ie “swim between the flags” (Surf Life Saving comparison)

Where should you look?

- Selection of important sources (palliative care)
- Listed on handout; all linked through CareSearch
- Free; quick to use; internet based; brokered (ie, swimming between the flags)
- For systematic reviews
 - PubMed Clinical Queries
 - CareSearch PubMed Topic Searches
 - CareSearch Review Collection
- For evidence based guidelines
 - NLH Palliative & Supportive Care Specialist Library (UK)
- Web Engine?
 - TRIP

PubMed Clinical Queries

- PubMed = largest freely available database indexing biomedical literature
- “Clinical Queries” is a special service:
 - retrieves references likely to be highest level of evidence
 - Can restrict your own topic to systematic reviews

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For your topic(s) of interest, this search finds citations for systematic reviews, meta-analyses, reviews of clinical trials, evidence-based medicine, consensus development conferences, and guidelines.

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1: [Ries AL](#) Pulmonary rehabilitation: summary of an evidence-based guideline. Respir Care. 2008 Sep;53(9):1203-7. PMID: 18718040 [PubMed - in process]

2: [Zhao L, Yates P](#) Non-pharmacological interventions for breathlessness management in patients with lung cancer: a systematic review. Palliat Med. 2008 Sep;22(6):693-701. PMID: 18715967 [PubMed - in process]

3: [Geddes EL, O'Brien K, Reid WD, Brooks D, Crowe J](#) Inspiratory muscle training in adults with chronic obstructive pulmonary disease: An update of a systematic review. Respir Med. 2008 Aug 15. [Epub ahead of print] PMID: 18708282 [PubMed - as supplied by publisher]

4: [Dy SM, Lorenz KA, Naeim A, Sanati H, Walling A, Asch SM](#) Evidence-based recommendations for cancer fatigue, anorexia, depression, and dyspnea. J Clin Oncol. 2008 Aug 10;26(23):3886-95. Review. PMID: 18688057 [PubMed - indexed for MEDLINE]

5: [Bausewein C, Booth S, Higginson II](#) Measurement of dyspnoea in the clinical rather than the research setting. Curr Opin Support Palliat Care. 2008 Jun;2(2):95-9. PMID: 18685403 [PubMed - in process]

6: [Uronis HE, Abemethy AP](#) Oxygen for relief of dyspnea: what is the evidence? Curr Opin Support Palliat Care. 2008 Jun;2(2):89-94. PMID: 18685402 [PubMed - in process]

7: [Cranston JM, Crockett A, Currow D](#) Oxygen therapy for dyspnoea in adults. Cochrane Database Syst Rev. 2008 Jul 16;(3):CD004769. Review. PMID: 18646110 [PubMed - in process]

Retrieves both palliative & non palliative contexts, eg, Reference 1 & 2

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CareSearch PubMed Topic Searches

- A feature service of CareSearch website (Australian)
- 50+ topic based searches
- Added extras
 - Restricted to palliative care
 - Commonly sought topics of interest
 - Written by a medical librarian
- Embed a complex, sophisticated search into 2 mouse clicks

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Dyspnoea (= Dyspnea) = Difficult or laboured breathing (Source: MeSH Thesaurus)

To choose another topic, go back to [PubMed Topic Searches](#)*This page was created on 30 April 2008 and is due for review in April 2010*Back to top Print page: 



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1: [Ramalingam SS, Belani CP.](#)

Related Articles, Links

Recent advances in the treatment of malignant pleural mesothelioma.
J Thorac Oncol. 2008 Sep;3(9):1056-64.
PMID: 18758312 [PubMed - in process]

2: [Clemens KE, Quednau I, Klaschik E.](#)

Related Articles, Links

Use of oxygen and opioids in the palliation of dyspnoea in hypoxic and non-hypoxic palliative care patients: a prospective study.
Support Care Cancer. 2008 Aug 22. [Epub ahead of print]
PMID: 18719948 [PubMed - as supplied by publisher]

3: [Zhao I, Yates P.](#)

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Non-pharmacological interventions for breathlessness management in patients with lung cancer: a systematic review.
Palliat Med. 2008 Sep;22(6):693-701.
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Oxygen for relief of dyspnea: what is the evidence?
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6: [Daud ML.](#)

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Drug management of terminal symptoms in advanced cancer patients.
Curr Opin Support Palliat Care. 2007 Oct;1(3):202-6.
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7: [Cranston JM, Crockett A, Currow D.](#)

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Oxygen therapy for dyspnoea in adults.
Cochrane Database Syst Rev. 2008 Jul 16;(3):CD004769. Review.
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Retrieves palliative
context only

CareSearch Review Collection

- Another feature service of CareSearch website (Australian)
- References to reviews, organised by broad topic
- Identified by searching
 - multiple databases (CINAHL, Medline, Embase, PsycINFO etc)
 - and reference lists
- 3 question checklist applied

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CareSearch Review Collection

This collection provides an easy way to find reviews on topics relevant to palliative care. It is dynamic and will change over time as new reviews are released. Our method for selecting reviews for inclusion is described in the Procedures page. This collection should not replace your own personalised search for systematic reviews on a particular topic. Users need to assess the quality of the individual reviews for their own purposes.

To submit details of a review which meets the CareSearch criteria for inclusion email caresearch@flinders.edu.au

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Capodice JL, Katz AE. Anticancer supplements and botanicals to prevent and treat cancer: does any clinical evidence exist? *Seminars in Preventive and Alternative Medicine*. 2006 Mar;2(1):22-35.

Ernst E, Pittler MH, Wider B, Boddy K. [Complementary/alternative medicine for supportive cancer care: development of the evidence-base](#). *Supportive Care in Cancer*. 2007 May;15(5):565-8.

Ezzo JM, Richardson MA, Vickers A, Allen C, Dibble SL, Issell BF, et al. [Acupuncture-point stimulation for chemotherapy-induced nausea or vomiting](#). *Cochrane Database of Systematic Reviews*. 2006(2):CD002285.

Fellowes D, Barnes K, Wilkinson S. [Aromatherapy and massage for symptom relief in patients with cancer](#). *Cochrane Database of Systematic Reviews*. 2004(2):CD002287.

Herron-Marx S, Price-Knol F, Burden B, Hicks C. [A Systematic Review of the Use of Reiki in Health Care](#). *Alternative & Complementary Therapies*. February 1, 2008, 14(1): 37-42. doi:10.1089/act.2008.14108.

Hughes D, Ladas E, Rooney D, Kelly K. [Massage therapy as a supportive care intervention for children with cancer](#). *Oncol Nurs Forum*. 2008 May;35(3):431-42.

Huntley A, Ernst E. [Complementary and alternative therapies for treating multiple sclerosis symptoms: a systematic review](#). *Complementary Therapies in Medicine* 2000 Jun;8(2):97-105.

Jackson E, Kelley M, McNeil P, Meyer E, Schlegel L, Eaton M. [Does therapeutic touch help reduce pain and anxiety in patients with cancer?](#) *Clinical Journal of Oncology Nursing*. 2008 Feb;12(1):113-20.

Lafferty W, Downey L, McCarty R, Standish L, Patrick D. [Evaluating CAM treatment at the end](#)

NLH Palliative & Supportive Care Specialist Library

- Specialist online library (UK context)
- Search for guidelines *and* systematic reviews

Palliative and Supportive Care Specialist Library



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Basic symptom control in paediatric palliative care: the Rainbows children's hospice guidelines

Publisher: [Rainbows Children's Hospice](#)

Publication Type: Protocol

Publication Date: 01 Jan 2007

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Guidance on cancer services : improving supportive and palliative care for adults with cancer - the manual

Publisher: [NICE](#)

Publication Type: Service Guidance

Publication Date: 24 Mar 2004

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Management of patients with lung cancer

Publisher: [SIGN](#)

Publication Type: Care Guideline

Publication Date: 25 Feb 2005

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Complementary and alternative medicine in the management of pain, dyspnea, and nausea and vomiting near the end of life. A systematic review

Publisher: [Elsevier](#)

Publication Type: Systematic Review

Publication Date: 01 Nov 2002

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Complementary and alternative medicine in the management of pain, dyspnea, and nausea and vomiting near the end of life: a systematic review

Publisher: [Centre for Reviews and Dissemination](#)

Publication Type: Structured Abstract

Publication Date: 31 Oct 2003

Source: Database of Abstracts of Reviews of Effects

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Complementary therapy at the end of life

Publisher: [Bandolier](#)

Publication Type: Systematic Review

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COPD - systematic reviews in 2006-07

Publisher: [National Library for Palliative and Supportive Care](#)

Publication Type: Review

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Nebulised morphine for severe interstitial lung disease

Publisher: [John Wiley & Sons, Ltd](#)

Publication Type: Systematic Review

Publication Date: 22 Jul 2002

Source: Cochrane

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Nocturnal non-invasive positive pressure ventilation for stable chronic obstructive pulmonary disease

Publisher: [John Wiley & Sons, Ltd](#)

Publication Type: Systematic Review

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TRIP database (Turning Research into Practice)

- A great alternative to Google!
- Restricts web searching to evidence based practice sites
- More likely to quickly take you to higher quality evidence



Evidence Based Medicine Medical Images Patient Information Leaflets

music and pain

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Cochrane Database of Systematic Reviews. 2006

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Handy Hints

- Set up icons on your PC
- Keep it simple: most specific or unique terms
- Try different spellings/terms
 - Dyspnoea vs dyspnea; complementary vs. alternative therapies
- Try online help/tutorials
- Actively open minded thinking; look at several sources
- If you can't find any systematic reviews, seek help (librarians)

Conclusions

- If you don't 'know', play safe
- Look for systematic reviews and evidence based guidelines
- Look in reputable sources

Questions?

CareSearch would like to thank the many people who contribute their time and expertise to the project including members of the National Advisory Group and the Knowledge Network Management Group.

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www.caresearch.com.au