

Being part of a regular journal club can help you and others to keep up to date and to take on some of the key skills needed to use evidence to improve practice. A journal club is where people interested in a common topic come together to discuss and evaluate research articles published in peer reviewed journals.

This can include discussion of how new findings may or may not impact practice. It is one way of keeping up with evidence and information, highlighting new findings, and developing skills in appraising articles. The journal club will be shaped by your audience and the articles chosen.

Step 1: Identify goals: this will depend on how experienced your audience is.

If they are new to journal clubs, concentrate on how to critique an article and do this as a group. Consider asking a librarian to join the journal club.

If the audience is more experienced, you may want to select a topic and critique several relevant articles.

Goals:

Audience:

Step 2: Searching for articles. You can search for articles using bibliographic databases or curated collections. Which one you use can depend on your area of interest, type of studies of interest, or whether you want to search across databases. For example:

- [PubMed](#) (biomedical database broader than MEDLINE)
- [CINAHL](#) (nursing and allied health)
- Or use a search filter to save you time and optimise searches including:
 - [CareSearch](#) for palliative care
 - [Lit.search](#) for Aboriginal and Torres Strait Islander health literature
- [Cochrane Database of Systematic Reviews](#)
- [CareSearch Systematic Review Collection](#)

Search terms and sources:

Step 3: Select your articles: the articles chosen will depend on your interests and goals.

Articles selected:

Step 4: Appraise and summarise: Once you have selected the article(s) ideally you will summarise and make this and the full text article available to your audience before the journal club.

For appraisal consider the question being addressed in the article and suitability of the study design or methodology and note study strengths and any limitations.

Article(s) summary

Purpose, including why this is important, and what is already known:

Methods used for study described in article:

Main results:

Strengths and weaknesses:

Implications, including influence on practice, potential benefits, and harms:

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