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:

• 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 (i.e., 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
To get started with PubMed, enter one or more search terms.

Search terms may be topics, authors or journals.

The NIH Public Access Policy May Affect You

**Does NIH fund your work?**

Then your manuscript must be made available in PubMed Central

**How?**

If you publish in one of these journals, they will take care of the whole process. If you publish anywhere else, deposit the manuscript in PubMed Central via one of the options described at publicaccess.nih.gov

PubMed is a service of the U.S. National Library of Medicine that includes over 18 million citations from MEDLINE and other life science journals for biomedical articles back to the 1950s. PubMed includes links to full text articles and other related resources.
PubMed Clinical Queries

This page provides the following specialized PubMed searches for clinicians:

- Search by Clinical Study Category
- Find Systematic Reviews
- Medical genetics Searches

After running one of these searches, you may further refine your results using PubMed's Limits feature.

Results of searches on these pages are limited to specific clinical research areas. For comprehensive searches, use PubMed directly.

Search by Clinical Study Category

This search finds citations that correspond to a specific clinical study category. The search may be either broad and sensitive or narrow and specific. The search filters are based on the work of Haynes III et al. See the filter table for details.

Search

Category

Scope

- etiology
- diagnosis
- therapy
- prognosis
- clinical prediction guides

Find Systematic Reviews

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.

For more information, see Help. See also related sources for systematic review searching.

Search dysphoria

Medical Genetics Searches
Retrieves both palliative & non palliative contexts, eg, Reference 1 & 2
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
PubMed Topic Searches

Follow these links to run real-time PubMed searches. They give you a broad entry point into the relevant English, palliative care related literature. When you select a topic, different search options will be provided.

Patient problems
- Airway Obstruction
- Anoesthesia
- Anxiety
- Appetite
- Artificial Nutrition
- Bereavement
- Bowel Obstruction
- Cachexia (Weight Loss)
- Constipation
- Cough
- Palliatives
- Depression
- Dyspnoea
- Execrable
- Fatigue
- Haemoptysis
- Haematomas
- Pain
- Respiratory Secretions
- Sleeplessness
- Suffering
- Vomiting

Specific groups
- Aged
- Aged Care Facilities
- Care (all)
- Cancers
- Children
- Dementia
- Disabled
- Homeless
- Indigenous Health
- Multicultural
- Paediatrics
- Rural & Remote Health

Issues relating to care & treatment
- Advance Care Planning
- Advance Directives
- Audit
- Complementary Therapies
- Dignity
- Euthanasia
- Family Support
- Models of Service Delivery
- Palliative Medicine
- Palliative Radiation
- Patient Education
- Professional Burnout
- Psychosocial Issues
- Spirituality
- Terminal Care
- Volunteering
Dyspnoea PubMed Topic Search

Select one search option for your chosen search topic.

- Free full text only (likely to reduce the number of results)
- Strongest evidence (systematic reviews or randomised controlled trials)
- Everything
- All citations
  - Strongest evidence (systematic reviews or randomised controlled trials)
  - Everything
  - Last 3 months only

Dyspnoea (= Dyspnoea) = 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
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
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 personalized 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@findings.edu.au

Care Issues
- Agonizing conditions
- Anxiety
- Bereavement
- Bowel
- Breathing
- Cognition
- Consolation
- Cough
- Disability
- Depression
- Dysphagia
- Dyspnoea
- End-of-life
- Esophageal distress
- Fatigue
- Fluids
- Grief
- Hope
- Nausea
- Nutrition
- Oral (Mouth) care
- Pain

Specific Populations
- Aged
- Carers
- Children
- Dementia
- Families
- Families with Intellectual disability
- Multicultural
- Patients
- Rural and remote

Service / System Issues
- Advance Care Planning
- Advance directives
- Communication
- Complementary Therapies
- Decision making
- Desire for hastened death
- Economics
- Education and training
- Effectiveness
- Ethics
- Models of Service Delivery
- Needs assessment
- Organ donation
- Outcome measures
- Patient carer training
- Policy
- Population issues
- Professional issues
- Quality of life
- Quality process
- Referral
- Research

Health Professionals
- Chaplains
- General Practitioners
- Nurses
- Occupational Therapists
- Social Workers
- Volunteers

Disease Groups
- Cancer
- COPD
Review Collection: Complementary Therapies


NLH Palliative & Supportive Care Specialist Library

- Specialist online library (UK context)
- Search for guidelines and systematic reviews
### Palliative and Supportive Care Specialist Library

#### Search Results - "dyspnoea"

You searched for "dyspnoea"

Total records: 21

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<th>Evidence (16)</th>
<th>Reference (1)</th>
<th>Education / CPD (1)</th>
<th>Patient Information (0)</th>
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<td><strong>Management of patients with lung cancer</strong>&lt;br&gt;<strong>Publisher:</strong> SIGN&lt;br&gt;<strong>Publication Date:</strong> 25 Feb 2005</td>
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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 for pain relief
- Music for pain relief
  Cochrane Database of Systematic Reviews, 2009

Usefulness of music therapy in clinical practice
- Usefulness of music therapy in clinical practice
  Health Technology Assessment (HTA) Database, 2006

Non-pharmacological interventions for breathlessness in advanced stages of malignant and non-malignant diseases
- Non-pharmacological interventions for breathlessness in advanced stages of malignant and non-malignant diseases
  Cochrane Database of Systematic Reviews, 2009

Complementary and alternative therapies for pain management in labour
- Complementary and alternative therapies for pain management in labour
  Cochrane Database of Systematic Reviews, 2005

Interventions for reducing anxiety in women undergoing colposcopy
- Interventions for reducing anxiety in women undergoing colposcopy
  Cochrane Database of Systematic Reviews, 2007

Music as an Intervention in Hospitals
- Music as an Intervention in Hospitals
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