

EVIDENCE-BASED MEDICINE: QUICK RESOURCE GUIDE

All resources can be accessed off-campus locations via ALADIN, VPN, or direct web access.

Use **clinical support databases** for evidence-based clinical information. These resources are frequently updated and available full-text.

Resource	Details
FirstConsult	Evidence-based information on differential diagnoses, medical conditions, procedures, and patient education. Updated weekly and contains information from the National Guideline Clearinghouse, Cochrane systematic reviews, and Clinical Evidence.
eMedicine	Concise, continuously updated reference articles.
Clinical Evidence	Information on common clinical situations with evidence on individual treatment options.

Read **systematic reviews** for the systematic analysis of all clinical trials on a particular topic.

Resource	Details
EBM Reviews: Cochrane Library	Full-text articles; limit to 'systematic reviews' for completed reviews.
EBM Reviews: Database of Abstracts of Reviews of Effectiveness (DARE)	Structured abstracts include author's conclusions.

Consult **study reviews** to read clinical evaluations of individual clinical trials.

Resource	Details
EBM Reviews: ACP Journal Club	Structured abstracts on original studies, plus commentary on relevance to clinical practice.

Use **All EBM Reviews** to search multifile database containing Cochrane Library, Database of Abstracts of Reviews of Effectiveness (DARE), and ACP Journal Club.

Resource	Details
All EBM Reviews: Cochrane, ACP Journal Club, DARE	Single search interface for multiple databases.

Consult **guidelines** to find the systematically developed recommendations of specialty associations, professional societies, government agencies, and health care organizations.

Resource	Details
National Guideline Clearinghouse	Structured abstracts with major recommendations. Access from http://www.guideline.gov
MDConsult	Full-text clinical practice guidelines. Signup for login/password at the Reference Desk.
MEDLINE	Limit search to Practice Guideline as Publication Type.

Search **MEDLINE** or **PubMed** by limiting by publication type (*consensus development conference, meta-analysis, practice guideline, randomized controlled trials, or controlled clinical trials*). Or, search MEDLINE through PubMed with an EBM filter (Clinical Queries).

Resource	Details
MEDLINE	Limit search by date, human, and publication types (see list above).
Clinical Queries (via PubMed)	Select a category (therapy, diagnosis, etc.) and emphasis (sensitivity/specificity). Access via http://www.pubmed.gov

EVIDENCE-BASED MEDICINE: BACKGROUND REFERENCE

What is EBM?

“Evidence-based medicine is the conscientious, explicit and judicious use of current best evidence in making decisions about the care of individual patients. The practice of evidence-based medicine means integrating individual clinical expertise with the best available external clinical evidence from systematic research.” -- David Sackett

Sackett, D.L., Rosenberg, W.M., Gray J.A. et al. (1996) Evidence based medicine: what it is and what it isn't. *British Medical Journal*, 312(7023), 71-2.

Characteristics of EBM

Evidence

- Current
- Systematic research
- Less reliance on expert opinion

Individual patient

- Find as needed
- Narrow question
- Integrate with clinical expertise

How is EBM different?

Additional analysis

- Coordinates results of multiple clinical trials
- Analyzes results of clinical trials for design and/or applicability of research

Full-text sources

Answers focused questions

- Does x work better than y?

Systematic Research

Publication Types (limit search to):

- controlled clinical trials
- multi-center studies
- meta analysis
- practice guidelines
- randomized controlled trials

Individualize question to patient

Common Limits (limit search to):

- age group
- gender

EVIDENCE-BASED MEDICINE: BACKGROUND REFERENCE (CONT'D)

Well-Structured Clinical Questions

- P** Problem
Individual patient problem or characteristic
- I** Intervention
Main intervention studied
- C** Comparison (if any)
Comparative interventions
- O** Outcomes
Accomplishments, measures, improvements

Example

What produces the best outcome when treating a 55-year-old patient with a myocardial infarction – angioplasty or thrombolytic therapy?

