Searching for information and evidence

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• Why look?
  • Clinical
  • Teaching
  • Responding to others’ queries or assertions
  • Research and evaluation

• How to look
  • A hierarchy of needs and strategies
A hierarchy of search options

• Consensus evidence-based guidelines
  – eTG
  – Heart Foundation Hypertension guidelines
  – etc

• Second-tier resources
  – BMJ Clinical Evidence, Up to Date
  – DynaMed

• Medline searching

• Supervisors, Sub-specialists and other content experts
EBM on the run

Using the PICO framework
PICO

• Population/ Patient Problem

• Intervention

• Comparison Intervention

• Outcomes
A healthy 40yo woman is about to travel to Europe and wants to know should she wear compression stockings for the flight?
• Be as specific as possible whilst remaining brief
Population/Patient

- Who or What?
  - Who/what is the population/patient you are interested in?
  - 40yo female, no co-morbidities, no previous DVT
Intervention

• What is the main intervention (medication/lifestyle/counselling/activity/investigation/etc) that you are interested in?

• Compression stockings in flight
Comparison

• What is the alternative?
  • What is the existing standard therapy?

• No Intervention/ stay active and well hydrated
Outcome

• What is the desired outcome(s) of the intervention? What do you hope to accomplish/prevent? Include a timeframe

• Prevention of a DVT
For more information:

Centre for Evidence Based Medicine
www.cebm.net