



The Lamar Soutter Library

a Legacy of Service and Learning
<http://library.umassmed.edu>

EBM – DATA RESOURCES

STRONG EVIDENCE

- **OVID EBM Full-Text Reviews** (from the Library home page, choose *OVID, Connect to OVID, EBM Full Text Reviews*)
 - Full-text access to the Cochrane Database of Systematic Reviews, the Database of Abstracts of Reviews of Effects (DARE) and the ACP Journal Club.
 - **TIP for searching:** Use field qualifiers (i.e., psychotherapy.**ti** to search for asthma in the title of a review) for greater specificity. Use **\$** as a wild card (i.e., psychotherapy\$=psychotherapy, psychotherapies, etc.)
- **PubMed Clinical Queries** (access from Library home page to link full text articles)
 - *Clinical Queries using Research Methodology Filters* – Limits search results with emphasis on evidence within etiology (risk factors), diagnosis, treatment and prognosis (screening)
 - *Systematic Reviews* – Limits search results to systematic reviews and meta-analysis studies. N.B. Not as specific as EBM Full-Text Systematic Review search.
 - **TIP for searching:** Combine terms with **AND** (in capital letters) for focused search (i.e., psychotherapy AND major depression). Use ***** as a wild card.
- **Evidence-Based Mental Health** – (access online or in print via the Library)
 - A quarterly digest of the most important clinical research in mental health.
 - **TIP for searching:** Search this journal title against subject terms in PubMed.

MODERATE EVIDENCE

- **National Guideline Clearinghouse** (<http://www.guidelines.gov/>)
 - Database of Evidence-Based clinical practice guidelines from the AHRQ
 - **TIP for searching:** Use single term first and add additional terms if too many guidelines are retrieved
- **U.S. Preventive Services Task Force (USPSTF)** (<http://www.ahrq.gov/clinic/uspstfix.htm>)
 - Database of Evidence-Based recommendations for clinical preventive services from the AHRQ
 - **TIP for searching:** Use single term first and add additional terms if too many guidelines are retrieved

LESS EVIDENCE/BACKGROUND INFORMATION

- **UpToDate** (access from Library home page – on campus access only!)
 - Synthesized review articles with varying levels of evidence.
 - **TIP for searching:** Browse Table of Contents (as opposed to using search box) for more focused search.
- **Online Textbooks**
 - From the library homepage

EBM - RESOURCE SUMMARY

- **Review Articles**
 - Summarizes literature on a topic.
 - PROBLEM: Can reflect bias of author
 - *Found in periodical literature, UpToDate*
- **Randomized Controlled Trials (RCT)**
 - Clinical trials w/ at least 1 tx group and 1 ctrl group.
 - All participants randomized
 - Very good evidence
 - *Found in periodical literature. Use PubMed Clinical Queries*
- **Systematic Reviews**
 - Summarizes literature on a topic using *explicit formulated criteria*.
 - Strict criteria for selecting studies to review
 - Contains concise "Implications for Practice"
 - Excellent evidence
 - *Found in Cochrane Database (OVID EBM Full-text) and in periodical literature*
- **Meta-Analysis**
 - *Subclass* of systematic review
 - Combine & summarize stats of individual studies.
 - Excellent evidence
 - *Found through Cochrane or PubMed. Don't confuse with meta-analysis of general reviews!*
- **Cohort Study**
 - *Prospective* study looking at disease-free population over period of time
 - Framingham Heart Study – good example
- **Case Control Study**
 - *Retrospective* study looking at patients and matching them with controls to identify potential exposures and outcomes.
 - Smoking studies are good examples
- **Practice Guidelines**
 - Published by government agencies and/or professional societies
 - Often graded for evidence
 - PROBLEM: Can also be biased towards philosophy of publishing agency.
 - *Found in National Guidelines Clearinghouse, APA Policy Guidelines, CMA PolicyBase, U.K. NHS Prodigy Guidance*

REMEMBER, IF YOU ARE SEARCHING FOR...

- **Treatments:** Look for an RCT or Systematic Review
- **Risk Factors:** Look for a Cohort Study
- **Prognosis:** Look for a Case Control Study
- **Screening:** Look for a Preventive Service Guideline
- **Etiology/Harm:** Look for a Cohort or a Case Control Study