PT Research: Evidence Based

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Library’s homepage
https://www.lsuhsnc.edu/library/

• Bookmark it!
• Everything you need, you can access through this page.
Library Hours

• Regular Hours

  Monday – Thursday:  7:30 am – 12 midnight
  Friday:  7:30 am – 8 pm
  Saturday:  9:30 am – 6 pm
  Sunday:  9:30 am – 12 midnight  (new)
Reference Librarians

• **Hours**, effective Monday, Nov 5\(^{th}\), on a trial basis  

  **Monday – Thursday:** 8:00 am – 7:00 pm
  *Wednesdays set for Carolyn Bridgewater*
  10:30 am – 7 pm

  **Friday:** 8:00 am – 4:30 pm
Off-Campus Access (new)

**OpenAthens**

- Log in with your *full LSUHSC-NO e-mail* and network password.
- When prompted to choose an organization, type LSU in the box and select "LSU Health Sciences Center Library."
- Some sites support logging in directly using your LSUHSC-NO/OpenAthens credentials. Those sites are available [here](#).

**OR**

**EZproxy**

- Log in with your Library barcode and PIN. You can also log into EZproxy using OpenAthens.
- All Library resources are available through EZProxy, with a customized link.
For scholarly journal articles, you will need to search a database(s)...
Select appropriate **Database(s)**
CONDUCTING RESEARCH...
When Selecting a Resource:

- **Background**: different resources available
  - PubMed vs CINAHL vs Cochrane Library

- **What types of material** are included:
  - peer reviewed, conference proceedings, theses, practice guidelines, test instruments...

- **Interdisciplinary vs subject specific**
  - (Scopus) (CINAHL)

- **Period of time covered** by the resource
Evidence-Based Practice


"...the conscientious, explicit, and judicious use of current best evidence in making decisions about the care of the individual patients" (Sackett, 1997)
Evidence-Based Practice

- 7 steps of Evidence Based Practice


1. Define the question (PICO)

2. Search for best evidence

3. Select studies

4. Critically appraise evidence (validity, bias)

5. Integrate evidence
   - (research evidence + clinical expertise + patient values)

6. Evaluate outcomes in your patient / population

7. Disseminate findings
Evidence-Based Practice

1. Formulate **patient – centered** questions

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<thead>
<tr>
<th>P</th>
<th>I</th>
<th>C</th>
<th>O</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>Intervention Or Exposure</td>
<td>Comparison</td>
<td>Outcome</td>
</tr>
<tr>
<td>Problem</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Who are the</td>
<td>What do we do to them?</td>
<td>What do we compare the intervention with?</td>
<td>What happens?</td>
</tr>
<tr>
<td>patients?</td>
<td>What is the problem?</td>
<td>What are they exposed to?</td>
<td>What is the outcome?</td>
</tr>
</tbody>
</table>

**LibGuides**: Charles Darwin University
Evidence-Based Practice

2. Find the **best research evidence** and conduct **search**

- CINAHL
- Clarivate Analytics (Web of Science™ Core Collection)
- Cochrane Library
- Embase®
- PubMed
- Scopus®
Evidence-Based Practice

3. Select studies

Secondary studies which review original research

guides.library.vcu.edu
Evidence-Based Practice

4. Critically appraise the evidence
   • validity
   • bias

Hierarchy of Evidence
Evidence-Based Practice

4. Critically appraise the evidence
   • validity
   • bias
Evidence-Based Practice

5. Integrate evidence

- research evidence
- clinical expertise / IPE
- patient needs

Based on the Evidence-based Medicine Triad Source: Florida State University, College of Medicine. Retrieved 08/15/18
Evidence-Based **Practice**

6. **Evaluate outcomes** in your patient and identify ways to improve

7. **Disseminate findings**
   - poster / presentation
     - Research Day on campus / conference
   - publish a paper
   - newsletter via local, state or regional organizations
Searching for the best evidence

1. Identify your terms to search

Research question:

“Current studies on physical therapy techniques to assist with activities of daily living (ADL) with Parkinson’s patients.”
2. Separate relevant terms to search

ADL / PT techniques / Parkinson

- Brainstorm Synonyms

and / or

- Use keyword(s) / subject headings / MeSH
  - not phrases, sentences and/or acronym(s)
### Keywords vs. Subject Headings

**Keyword:** Any word or phrase in the title, subject headings, notes, abstract, etc. used as a search term.

**Example:** what you type when you use Google

**Subject Heading:** A word or phrase from a controlled vocabulary used to describe the subject of a document.

**Example:** Medical Subject Headings (MeSH), CINAHL Subject Headings

<table>
<thead>
<tr>
<th>Cerebrovascular Accident</th>
<th>vs.</th>
<th>Stroke</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart attack</td>
<td>vs.</td>
<td>Myocardial Infarction</td>
</tr>
<tr>
<td>Drug Abuse</td>
<td>vs.</td>
<td>Substance Related Disorders</td>
</tr>
</tbody>
</table>
identifies MeSH® terms in your submitted text (abstract or manuscript)

https://meshb.nlm.nih.gov/MeSHonDemand
3. Connect terms with **Boolean operators**

AND (both terms)
OR (either term)
NOT (omit term)

ADL

PT Modalities

Parkinson’s Disease

activities of daily living
AND
physical therapy modalities
AND
parkinson’s disease
4. Apply limits (filters)

Article Types (Study Designs)
• RCT, Case studies...

Publication Dates
• 3 yrs, 5yrs...

Languages
• English

Ages
• Child, Adult...
Evidence Based Resources

29+ million biomedical literature from MEDLINE
1940 - Present

*Access through the library homepage for more full text
http://www.lsuhsc.edu/library/
Translating the Search Results

Ways to limit results

Options for viewing the results

Select citations and print, save, email, send to citation manager, etc.

The search behind the scenes

Track your searches
PubMed Searching

• Links under PubMed tutorials
  • Advanced Search Builder
  • Quick Start guide
  • Subject Search
  • Using Medical Subject Headings to make a better search
Options to Find Full Text via databases

• If there is no direct link to the PDF of the article, look for this icon:

(PubMed, EBSCOhost, Google Scholar, etc.)

• Click on it and you will be given options for retrieving the article.
Options to Find Full Text via Library’s homepage

• **Discover** LSUHSC Libraries (new) Resources

• **E-Journals** & E-Books A to Z

• **INNOPAC**, the Library’s catalog
SAVING YOUR RESULTS

Print the abstract or full text PDF
Save to a USB
E-mail articles to self / faculty / group
Create an account to save your articles

- PubMed = My NCBI account
  - (register or login with your Google account)
- EBSCOhost = Folder for CINAHL
Not Available in Library?

- submit an interlibrary loan (ILLiad):
- see “first time users”
Web-Based Bibliography

RefWorks (New)
Other Evidence Based Resources

Cumulative Index to Nursing and Allied Health Literature

Access from the Databases tab or Quick Links
Evidence – Based Medicine and Systematic Reviews

Access from the Databases tab
Embase

International Biomedical research
Scopus

Multidisciplinary article search (MEDLINE)

Impact factor of journals
Resources via **LibGuides**

- Clinical (Point of Care)
  - OT, PA, PT, Speech Path

- Finding the Evidence (EBM)
FOR ANY ASSISTANCE!

- Reference Librarians available
  - 8 am – 7 pm (Monday – Thursday)
  - 8 am – 4:30 pm (Friday)
- Telephone: 568-6100 (Circulation Desk)
- reference@lsuhsc.edu
- Chat Service