EBM - 2

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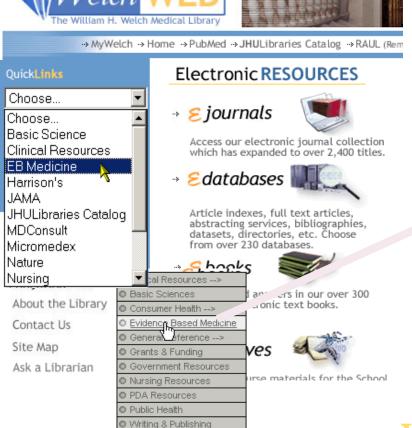
Feb 17, 2016



Objectives

- Revised the terms of PICO question.
- Identify available resources for EBM (primary and secondary)
- Identify the hierarchy of major study designs
- Explain how to select scientific literature that is relevant to a clinical question.
- Explain The FINER Criteria for good research question
- Show in live practice some useful on-line resources to practice EBM

What are the Sources of Good Evidence?



The Johns Hopkins Medical Institutions

More.

Evidence Based Medicine

- Systematic Reviews, Journal Articles and other Databases
- Clinical Trials and Pre-publication Resources
- Research Tools: Filters, Hedges and Strategies
- Statistical Tools and Calculators
- Journal Clubs, List Servers, and Meta-lists
- **Education and Tutorials**
- Organizations and other resources

Ranking * = Good: ***Very Good: ****Excellent

Systematic Reviews, Journal Articles and other Databases

- National Guideline Clearinghouse**** EBM practice guidelines
- Cochrane*** Systematic reviews of literature on specific subjects
- TRIP CeRes*** British meta-search engine; covers 58 resources
- Clinical Queries PubMed*** Evidence Based filters for Medline
- UpToDate*** Topic reviews on specific clinical issues
- MD Consult Practice guidelines, clinical topics
- Clinical Evidence Online** Provides a searchable list of reviewed topics, BMJ
- Best Evidence Provides a searchable list of reviewed topics, ACP
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- Bandolier Reviewed literature, offers subjects by medical speciality

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By accessing the digital library our professors, researchers and students have access to:

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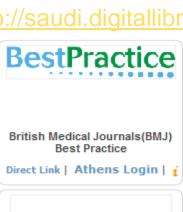
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Search NGC: |atrial fibrillation

10 results

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Wednesday, March 20, 2002

Welcome! You are connected to the National Guideline Clearinghouse™ (NGC), a public resource for evidence-based clinical practice guidelines. NGC is sponsored by the Agency for Healthcare Research and Quality (formerly the Agency for Health Care Policy and Research) in partnership with the American Medical Association and the American Association of Health Plans, Click on About NGC to learn more about us.

(1/37) Preventive health care, 2000 update. Use of ambulatory electrocardiography for the detection of paroxysmal atrial fibrillation in patients with stroke. Canadian Task Force on Preventive Health Care. 2000. 7 pages.
(2/37) Antithrombotic therapy in atrial fibrillation. In: Sixth ACCP Consensus Conference on Antithrombotic Therapy. American College of Chest Physicians. 2001 Jan. 13 pages.
(3/37) AACE clinical practice quidelines for the evaluation and treatment of hyperthyroidism and hypothyroidism. American Association of Clinical Endocrinologists/American College of Endocrinology. 1996. 24 pages.
(4/37) Driving and heart disease. European Society of Cardiology. 1998 Aug. 13 pages.
(5/37) Atrial fibrillation: drug treatment and DC electroversion. Finnish Medical Society Duodecim. 2001 Apr 30. Various pagings.
(6/37) Screening for thyroid disease. American College of Physicians-American Society of Internal Medicine. 1997 Mar 6. 3 pages (guideline); 14 pages (background paper).

Restoration of sinus rhythm

- Measures to convert atrial fibrillation to sinus rhythm should be undertaken if sinus rhythm does not restore after decrease of heart rate and correction of possible heart failure [B].
- Direct current electroversion is recommended if the patient:
 - · Has used several antiarrhythmic drugs
 - Is hypotensive
 - Is in a critical condition because of the arrhythmia
 - Has chronic atrial fibrillation
- Drugs used in this indication include flecainide and propafenone; previously, quinidine 0.2 grams 3 times at 2-hour intervals was often used. Monitoring the patient during conversion of the rhythm, and for at least 3 hours after that, is recommended because of the risk of ventricular tachycardia.

Definitions:

Levels of Evidence

A: Strong research-based evidence. Multiple relevant, high-quality scientific studies with homogenic results.

B: Moderate research-based evidence. At least one relevant, high-quality study or multiple adequate studies.

C: Limited research-based evidence. At least one adequate scientific study.

D: No scientific evidence. Expert panel evaluation of other information.



الوزارة ب

البوابة الإلكترونية لوزارة الصحة

♦ النواية الإلكترونية لوزارة الصحة ♦ التوعية الصحية

- التوعية الصحية
- مصادر المعرفة الصحية

تُعنى مصادر المعرفة الصحية بدعم القرار الطبي بالأدلة بواسطة آراء الخبراء والمتخصصين في الشبأن الصحي عالميًّا، ومن ثم تحظى هذه المصادر بثقة الأطباء لاستخدامها كمراجع في اتخاذ قرارات الرعاية الصحية الصائبة،

وإيمانًا من وزارة الصحة بأهمية هذه المصادر لاكتساب المعرفة الطبية في مجال الرعاية وجودتها، فقد حرصت على تيسير الوصول إلى محتوى أهم المصادر المتخصصة في هذا الشأن، وذلك عبر الحاسب أو الجوال، ومن أهم هذه المصادر ما يلي:

مصادر المعرفة الصحية: ®UpToDate



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مصادر المعرفة الصحية: Learning



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- الأيام الصحية العالمية
 - المحتوى التثقيقى
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 - الحملات التوعوية
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التوعية الصحية

محتوى المعرفة الصحية من (BMJ)

(ما عليكُ إلا أن تمارس الطب المعرِّز بالبراهين، وتعمل على تحسين نتائج الرعاية الصحية)

شركة **BMJ** هي شركة تحظى بموثوقية عالية، متخصصة في إتاحة المعرفة المتعلقة بالرعاية الصحية، وتنولى نشر المطبوعة الذائعة المسمّاة: "المجلة الطبية البريطانية" (The BMJ)، فيما يلى، يمكنك استعراض الأدوات التي من شأنها أن تسهم في تلبية متطلباتك المهنية، وجميعها خدمات يقدّمها ويستفيد منها الأطباء،

استكماك رحلة التطوير المهنك والتعليم الطبك المستمر (CME/CPD) مع إتاحة الاطلاع على نماذج تعليمية عبر الإنترنت

عن طريق "BMJ Learning"، تقدم الشركة دورات تعليمية عبر الإنترنت للممارسين الصحيين، تتيح لك الدراسة على النحو الذي يناسبك ويرضيك. سيكون في إمكانك الاختيار من بين 1000 دورة تعليمية، قد تكون عبارة عن ملفّات صوت أو صورة أو رسوم متحركة، وتشمل طيفًا واسغًا من التخصصات الطبية والمجالات السريرية، وعلاوة على ذلك، تقيس هذه الدورات مقدار ما تحرزه من تقدُّم من خلال الأسئلة التي يتعين عليك إجابتها قبل وبعد الدورة، وما إن تنجح في اجتياز الدورة، ستحصل على شهادة معتمدة تفيد بذلك، كما يمكنك – من خلال "حافظة BM" – تسجيل كافة الدورات التي أمكن اجتيازها، جنبًا إلى جنبٍ مع الدورات الأخرى التي تخطط لها أو تطمح فيها، بالإضافة إلى الشهادات التي حصًلتَ عليها،

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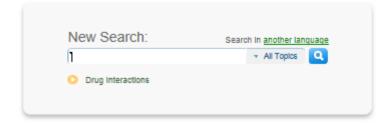
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135 titles matching: Atrial fibrillation

Most Relevant Topics (30 titles)

- Causes of atrial fibrillation
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- Arrhythmiac after cardiac cureery: Atrial fibrillation and atrial flutter.



New Search

Antiarrhythmic drugs to maintain sinus rhythm after cardioversion in atrial fibrillation:
Recommendations

- ▶ GENERAL PRINCIPLES
- ▶ RECOMMENDATIONS
- *Lone atrial fibrillation
- AF associated with structural heart disease
- *Drug-refractory AF
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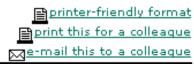
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- ►ACC/AHA/ESC drugs maintain NSR
- •ACC/AHA pharm Rx paroxysmal AF
- ▶ACC/AHA drugs perm persist AF
- ▶ACC/AHA drugs maintain NSR AF
- Drug doses maintain NSR
- ▶Types of proarrhythmia AADs
- ◆Quinidine in AF
- ▶ACC/AHA oral drug HR control AF
- ▶Proarrhythmia in CAST

RELATED TOPICS

- Restoration of sinus rhythm in atrial fibrillation:
 Recommendations
- Antiarrhythmic drugs to maintain sinus rhythm after cardioversion

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Help

Antiarrhythmic drugs to maintain sinus rhythm after cardioversion in atrial fibrillation: Recommendations

Morton F Arnsdorf, MD

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GENERAL PRINCIPLES — DC shock and antiarrhythmic drugs are usually effective in converting atrial fibrillation (AF) to a sinus mechanism, thereby improving symptoms, lessening the liability for the development of a tachycardia-induced cardiomyopathy involving the ventricles and atria, and minimizing the long-term risk of peripheral and cerebral emboli. (See "Restoration of sinus rhythm in atrial fibrillation: Recommendations").

However, maintenance of normal sinus rhythm (NSR) is often problematic. Only 20 to 30 percent of patients who are successfully cardioverted will maintain NSR for more than one year without chronic antiarrhythmic therapy [1-7]. The risk of recurrence is highest in the patient who has hypertension, an enlarged LA, AF for more than one year, or heart failure [8]. On the other hand, patients who are most likely to maintain NSR usually have one or more of the following characteristics:

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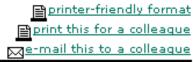
Antiarrhythmic drugs to maintain sinus rhythm after cardioversion in atrial fibrillation: Clinical trials

- ► CLASS IA ANTIARRHYTHMIC DRUGS
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- CLASS IC ANTIARRHYTHMIC DRUGS
- CLASS III ANTIARRHYTHMIC AGENTS
- ·Sotalol
- +Amiodarone
- + Dofetilide
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- <u> MAGNESIUM</u>
- COMBINATION ANTIARRHYTHMIC DRUG THERAPY
- <u>HYBRID THERAPY IN PATIENTS</u>
 <u>WHO DEVELOP ATRIAL FLUTTER</u>
- ▶ REFERENCES

GRAPHICS

- ◆Quinidine in AF
- ▶ Proarrhythmia in CAST
- ▶AF sotalol versus amiodarone
- ▶Post CABG AF with amiodarone
- ▶ Embolic risk with AF
- ▶Warfarin in AF.

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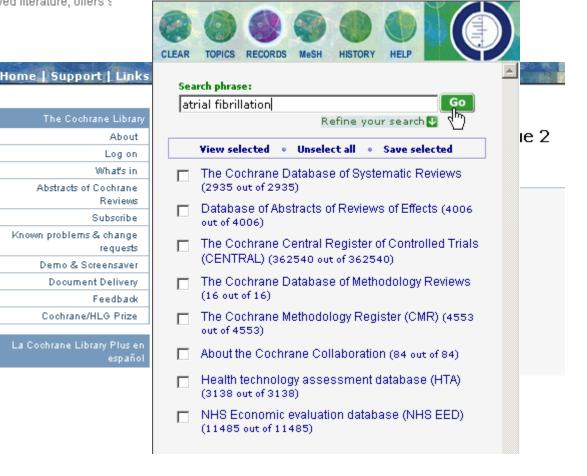
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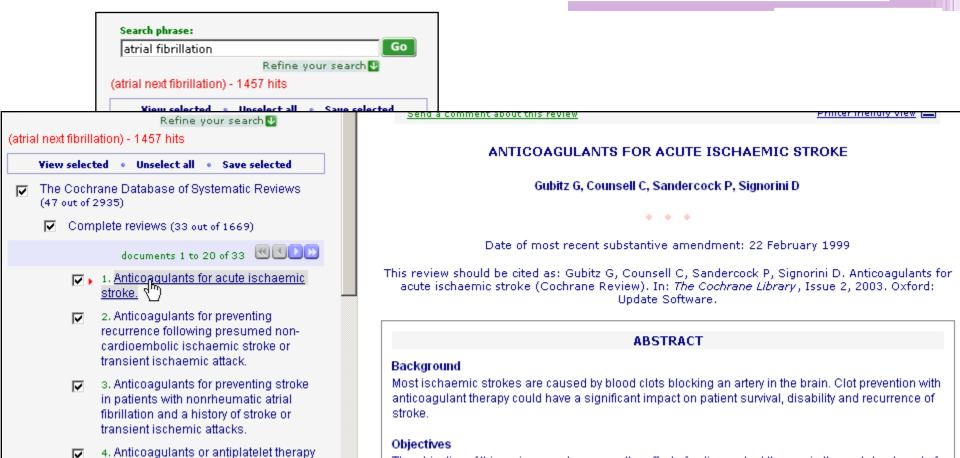
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Anticoagulants or antiplatelet therapy for non-rheumatic atrial fibrillation and flutter

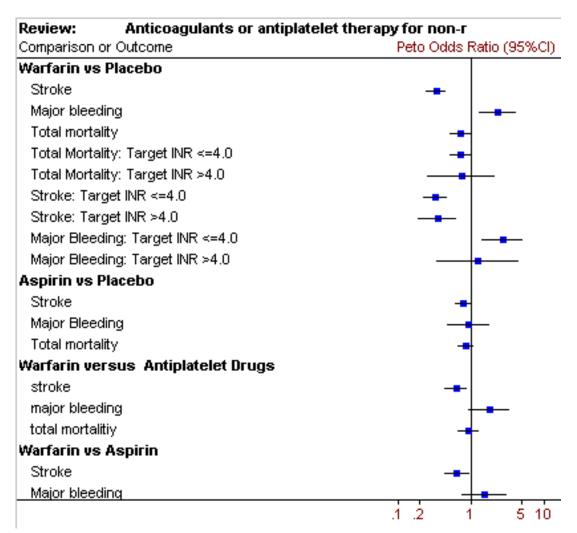
Segal JB, McNamara RL, Miller MR, Powe NR, Goodman SN, Robinson KA, Bass EB

Main results: Fourteen articles were included in this review. Warfarin was more efficacious than placebo for primary stroke prevention {aggregate odds ratio (OR) of stroke=0.30 [95% Confidence Interval (C.I.) 0.19,0.48]}, with moderate evidence of more major bleeding { OR= 1.90 [95% C.I. 0.89,4.04].}. Aspirin was inconclusively more efficacious than placebo for stroke prevention {OR=0.68 [95% C.I. 0.29,1.57]}, with inconclusive evidence regarding more major bleeds {OR=0.81[95% C.I. 0.37,1.78]}. For primary prevention, assuming a baseline risk of 45 strokes per 1000 patient-years, warfarin could prevent 30 strokes at the expense of only 6 additional major bleeds. Aspirin could prevent 17 strokes, without increasing major hemorrhage. In direct comparison, there was moderate evidence for fewer strokes among patients on warfarin than on aspirin {aggregate OR=0.64[95% C.I. 0.43,0.96]}, with only suggestive evidence for more major hemorrhage {OR=1.58 [95% C.I. 0.76,3.27]}. However, in younger patients, with a mean age of 65 years, the absolute reduction in stroke rate with warfarin compared to aspirin was low (5.5 per 1000 person-years) compared to an older group (15 per 1000 person-years). Low-dose warfarin or low-dose warfarin with aspirin was less efficacious for stroke prevention than adjusted-dose warfarin.

Reviewers' conclusions: The evidence strongly supports warfarin in AF for patients at average or greater risk of stroke, although clearly there is a risk of hemorrhage. Although not definitively supported by the evidence, aspirin may prove to be useful for stroke prevention in sub-groups with a low risk of stroke, with less risk of hemorrhage than with warfarin. Further studies are needed of low-molecular weight heparin and aspirin in lower risk patients.

Tables & Graphs 🗷 🔼

MetaView graphs



TRIP Database

Website



(75 resources...)

www.tripdatabase.com

Search RESULTS:	You searched on atrial	fibrilla	ntion	То	tal records match	ed > 79 of 247	09
Evidence-Based (Direct links) Query-answering services Peer-reviewed journal Guidelines eTextbooks Experimental links to Clinical Qu	Records Matched: 43 Records Matched: 0 Records Matched: 29 Records Matched: 3 Records Matched: 4 Jeries on PubMed.	•	REPEAT SEARCH FOR: Search within these results Search by: TITLE ONLY New Search Search by: TITLE ONLY	atrial fi	brillation using tit Search by: TIT	LE & TEXT	GO GO
Evidence-Based (Direct links) T Most sites have been recommended from						sing a pre-defined	method.
Initial energy for elective externa ACP Journal Club	cardioversion of persistent	atrial	fibrillation			2001	
Comparing digoxin with amiodarone and sotalol for converting new onset atrial fibrillation 2001							
Prevalence of atrial fibrillation (AF) Bandolier 2001							
Amiodarone as a first-choice drug for restoring sinus rhythm in patients with atrial fibrillation . A randomized,					2004		
Query-answering services The sources used in this section specifically respond to clinical queries received from practitioners/purchasers. The query-answering process is not uniform and the quality may vary. You are strongly advised to familiarise yourself with the strengths and weaknesses of each sources approach.							
Peer-reviewed journal The links in this section are from peer-reviewed journals. As such they have not undergone a systematic critical appraisal.							
Warfarin Therapy for an Octogen: Annals of Internal Medicine	arian Who Has atrial fibrilla t	tion				2001	
Incident Thromboembolism in the Aorta and the Renal, Mesenteric, Pelvic, and Extremity Arteries After Discharge From the Hospital With a Diagnosis of atrial fibrillation Archives of Internal Medicine							

Systematic review of long term anticoagulation or antiplatelet treatment in patients with non-rheumatic atrial

Guidelines The links in this section are taken from sites whose main remit is the production of guidelines. NOTE: Other guidelines may appear in other	er sections.
Preventive health care, 2000 update. Use of ambulatory electrocardiography for the detection of paroxysmal atrial fibrillation in patients with stroke. National Guideline Clearinghouse	2001
atrial fibrillation PRODIGY	2001
atrial fibrillation: current knowledge and recommendations for management European Society for Cardiology	1998

eTextbooks The links in this section originate predominantly from eTextbooks and similar sources - as with other textbooks they may not be regularly updated.			
atrial fibrillation eMedicine.com	2000		
Sustained atrial fibrillation	1999		

Experimental links to Clinical Queries on Pubmed. These will return a number of hits - some of which will be inappropriate. To refine your search further find at least one article that matches your query and use the related article function to improve your search.

Therapy emphasis

Diagnosis emphasis

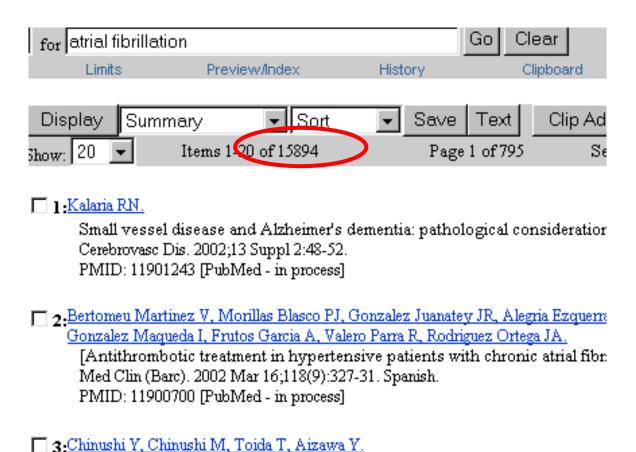
Etiology emphasis

Prognosis emphasis

Getting to PubMed



PubMed Response



Class I antiarrhythmic drug and coronary vasospasm-induced T wave alte tachyarrhythmia in a patient with Brugada syndrome and vasospastic ang I Cardiovecc Flactrophysics 2002 Feb: 13(2):191-4

- National Guideline Clearinghouse*** -
- Cochrane*** Systematic reviews of lite
- TRIP -CeRes*** British meta-search (
- Clinical Queries PubMed*** Evidence
- UnToDate*** Topic reviews on specifi MD Consult - Practice guidelines, clinic
- Clinical Evidence Online** Provides a
- Best Evidence Provides a searchable
- CAT Bank* 63 Critically Appraised Top
- SUM Search Univ. of Texas Meta-sea
- Bandolier Reviewed literature, offers s

Related Resources

PubMed Clinical Query

National Library of Medicine PubMed Nucleatide Protein Genome Search PubMed Clear for ☐ Limits Index History Clipboard About Entrez PubMed is the National Library of Medicine's search service that provides access to over 10 million citations in MEDLINE, PreMEDLINE, and other related Entrez PubMed databases, with links to participating online journals. Overview Help | FAQ Books linked to PubMed The New PubMed! PubMed Services This new version of PubMed has a In collaboration with book THE CELL Journal Browser publishers, NCBI is single search interface with pull-down MeSH Browser adapting books for the menus that display search field Single Citation Matcher web and linking them to limits, indexes, your search history, Batch Citation Mateil PubMed. The first book, and a dipboard for gathering Clinical Queries Molecular Biology of the Cell selected articles. See help and FAQ by Alberts et al., is now available. for more information.

PubMed, Clinical Query, cont'd

Website

Publylea				
ucleotide	Protein	Genome	Structure	Pop Set
Clinical Q	ueries usin	g Research N	lethodology l	Filters
largely upon E prognosisare sensitive (i.e., or more specif	<u>Haynes RB et al.</u> e provided, and include most rel	evant articles but p mostly relevant art	riestherapy, diagr hether you wish yo robably including s	
		/		
	ategory and енф			
Category:	⊙therapy C)diagnosis 🔘 e	etiology Opro	gnosis
Emphasis:	⊙ sensitivit	y Ospecificit	Y	Context
Enter subject	search (do not r	epeat any of the wo	rds above):	
atrial fibrillati	ion		·	Search Reset
		Sub	ject matter	

Controlled Vocabulary for Subject Matter

All MeSH Categories

Diseases Category

Cardiovascular Diseases

Heart Diseases

Arrhythmia

Atrial Fibrillation

All MeSH Categories

Diseases Category

Pathological Conditions, Signs and Symptoms

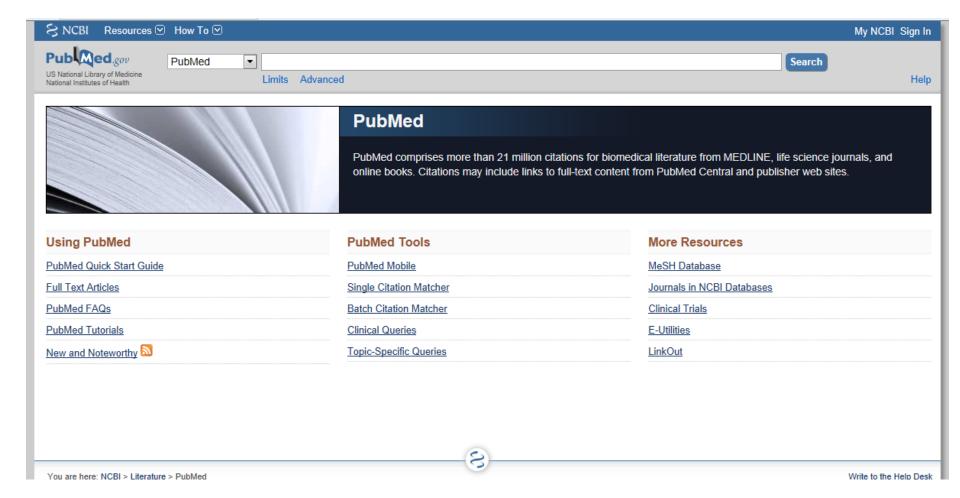
Pathologic Processes

Arrhythmia

Atrial Fibrillation

🗆 blood 🗆 chemically induced 🗀 classification 🗀 complications 🗀 congenital 🗀 diagnosis 🗀 drug therapy 🗀 economics
🗆 embryology 🗆 enzymology 🗆 epidemiology 🗆 ethnology 🗆 etiology 🗆 genetics 🗀 history 🗀 immunology 🗖 metabolism
mortality nursing pathology physiopathology prevention and control psychology radiography radionuclide
imaging 🗆 radiotherapy 🗖 rehabilitation 🗖 surgery 🗖 therapy 🗖 ultrasonography 🗖 urine 🗖 veterinary

www.ncbi.nlm.nih.gov/pubmed



- Key concepts!
- Auther

Stopwords

	Stopwords
Α	a, about, again, all, almost, also, although, always, among, an, and, another, any, are, as, at
В	be, because, been, before, being, between, both, but, by
С	can, could
D	did, do, does, done, due, during
Е	each, either, enough, especially, etc
F	for, found, from, further
Н	had, has, have, having, here, how, however
L	i, if, in, into, is, it, its, itself
J	just
K	kg, km
М	made, mainly, make, may, mg, might, ml, mm, most, mostly, must
N	nearly, neither, no, nor
0	obtained, of, often, on, our, overall
Р	perhaps, pmid
Q	quite
R	rather, really, regarding
S	seem, seen, several, should, show, showed, shown, shows, significantly, since, so, some, such
Т	than, that, the, their, theirs, them, then, there, therefore, these, they, this, those, through, thus, to
U	upon, use, used, using
٧	various, very
W	was, we, were, what, when, which, while, with, within, without, would

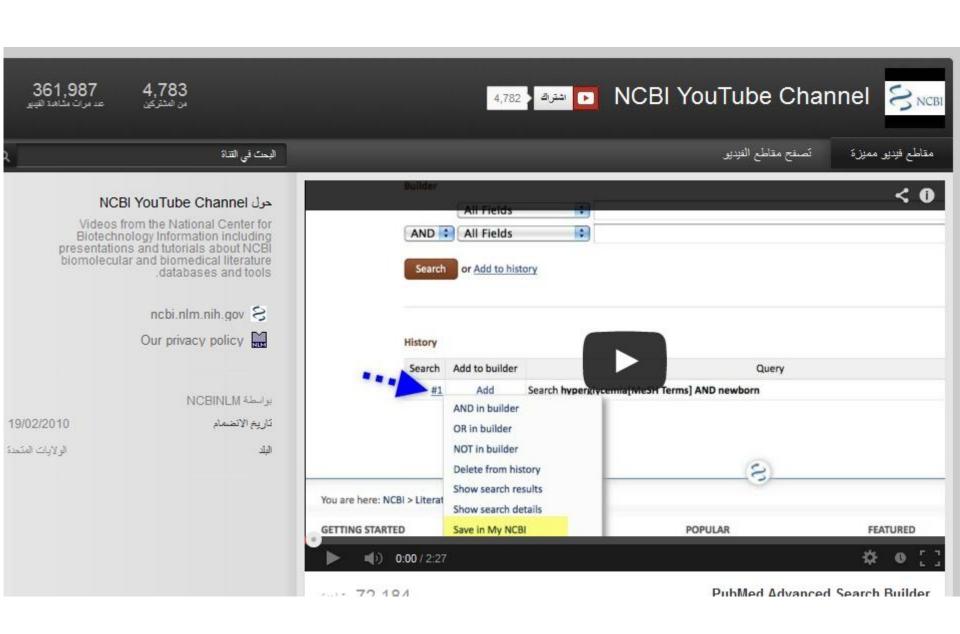
MeSH(The Medical Subject Headings)

Examples of MeSH Headings:

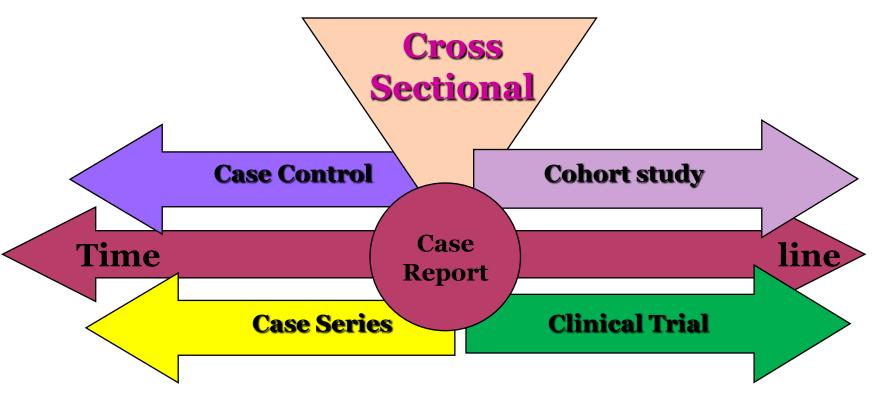
- Body Weight
- Dental Cavity Preparation
- Radioactive Waste
- Kidney
- Self Medication
- Brain Edema

```
Face
Cheek
Chin
Eye
Eyebrows
Eyelids
Eyelashes
Forehead
Mouth
Lip
Nose
Parotid Region
```

http://www.youtube.com/watch?v=uyF8uQY9wys



Types of Studies



"Best Available Clinical Evidence"

Therapy

 Double-blind, placebo-controlled, randomized clinical trial

Diagnosis

 Independent, blind comparison with a reference standard

Prognosis

- Representative and well-defined prospective cohort of patients at a similar point in the course of disease
- See Centre for Health Evidence

Levels of Evidences

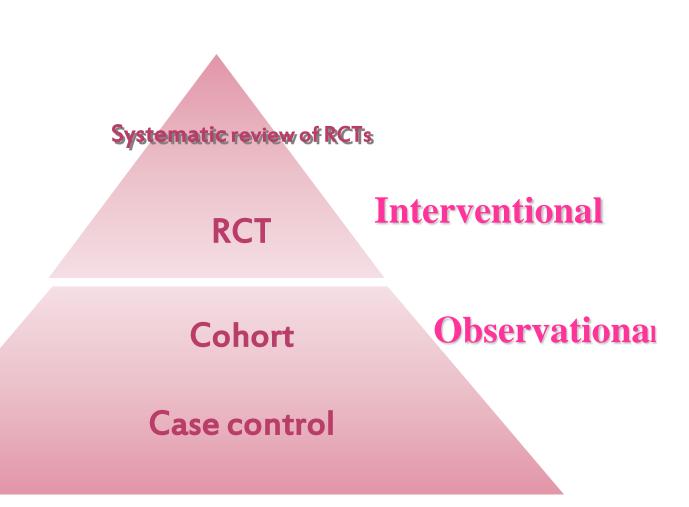
- (I-1) a well done systematic review of 2 or more RCTs
- (I-2) a RCT
- (II-1) a cohort study
- (II-2) a case-control study
- (II-3) a dramatic uncontrolled experiment
- (III) respected authorities, expert committees, etc..
- (IV) ...someone once told me....
 - http://www.phru.org/casp/
 - See also <u>AAFP</u>

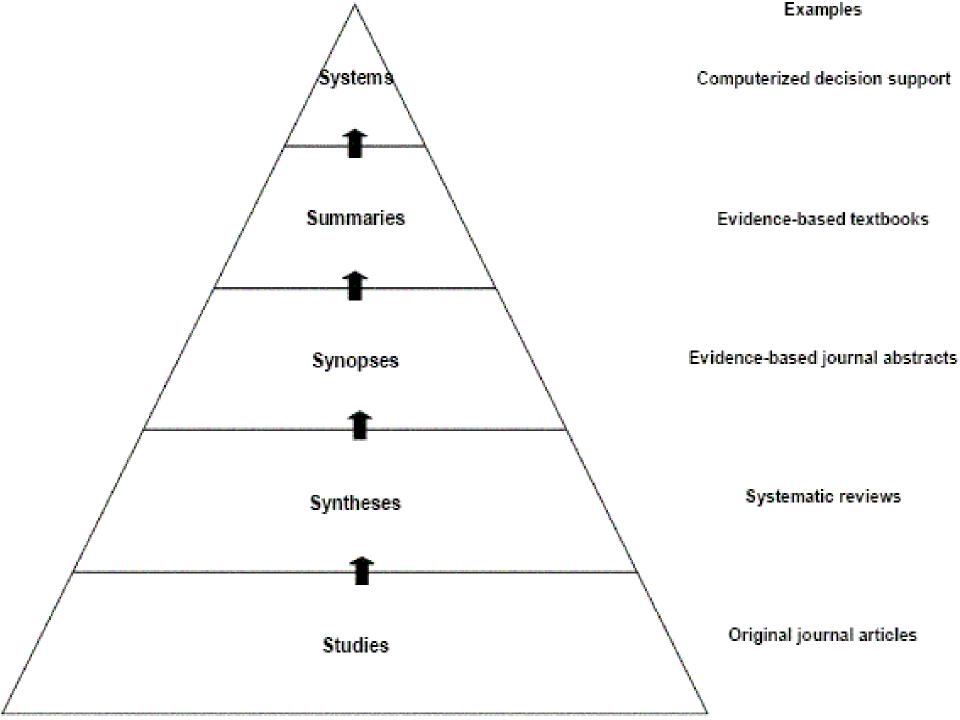
Types of Epidemiological Studies

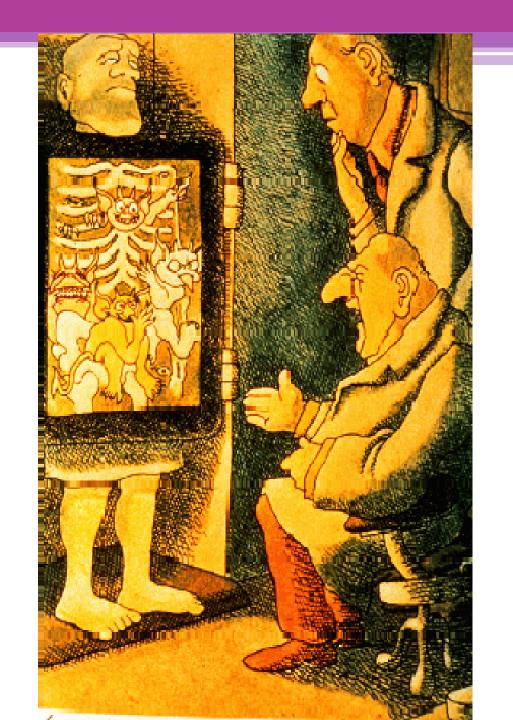
- Observational
 - Case Reports, Case series
 - Cross Sectional
 - Case- Control
 - Cohort
- Interventional
 - Clinical Trials

Hierarchy of major study designs

validity







The FINER Criteria

- Picking a good research question is perhaps the most important step in the research process.
- F- Feasible. Is the question answerable?
- I- Interesting. The question has to be interesting to the investigator, but should also be interesting to others.
- N-Novel. Has this study been done before? Does it add to the current body of medical knowledge?
- E- Ethical.
- R- Relevant. Will it further medical science? Will the results change clinical practice, health policy or point towards further avenues of research?



Key points

- It is important when searching for evidence that search terms are referred back to your original PICO question.
- The process of finding evidence therefore follow three key steps; Identify terms to fit PICO question, Look for secondary sources then Search for primary sources.

Resources

- Searching exercise
 http://www.cebm.net/searching-exercise-warm/
- Five tips to jumpstart your evidence-based practice http://www.cebm.net/five-tips-to-jumpstart-your-evidence-based-practice/

Resources

Secondary sources: Guidelines: UK National Library for Health, NICE, SIGN; US National Guidelines Clearinghouse; Canadian Medical Association; New Zealand Guidelines Group. Evidence-Based Summaries: Bandolier, Clinical Evidence Structured Abstracts: EBM Online, ACP Journal Club Systematic Reviews: Cochrane Library To search several of the databases simultaneously you can use: www.tripdatabase.com

Resources

 Primary Sources: Use methodological filters to target the right type of study. For instance,
 PubMED filters for: therapy, diagnosis,
 prognosis or etiology.

