

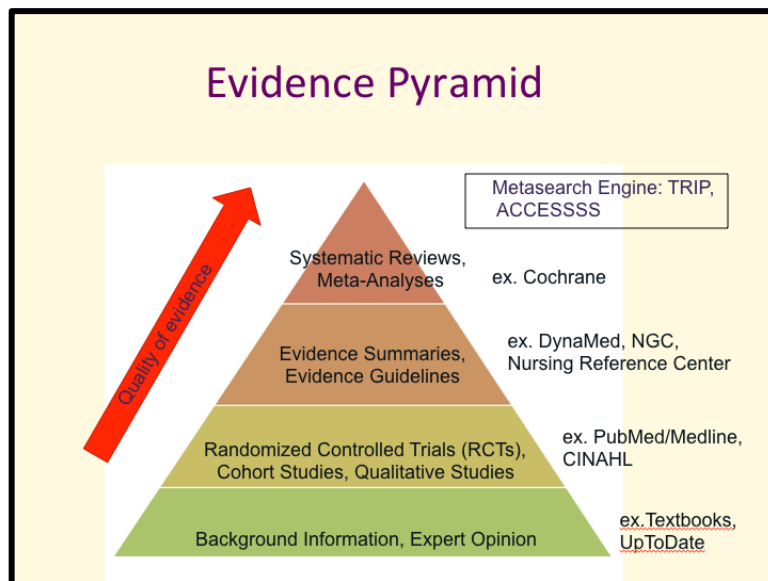
## ***HEAL-WA: Online Access for Health Professionals in Washington***

Janet G. Schnall, MS, AHIP  
[schnall@uw.edu](mailto:schnall@uw.edu)

All eResources on this list are available on the **HEAL-WA** website. HEAL-WA provides online access to evidence-based health information resources for Washington State registered dietitians and nutritionists and other health professionals. HEAL-WA includes over 5,000 health-related journals, eBooks, databases and other eResources. Registration required. [healwa.org](http://healwa.org)

### **1. What is the Evidence Pyramid?**

- a. A guideline to the hierarchy of evidence available.
- b. Each level of the pyramid draws on research evidence from the lower layers.
- c. It is best to begin searching for evidence at the top of the pyramid, as more synthesized evidence is found at the higher levels.
- d. If you don't find the best level of evidence to answer the question, move down the pyramid to other types of studies.



### **2. Find Background Information**

- a. Use the eBooks on HEAL-WA.

### **3. Search a Database to Find Research Journal Articles**

- a. **CINAHL** (Cumulative Index to Nursing and Allied Health Literature)  
Indexes the literature of nursing, biomedicine, alternative/complementary medicine, consumer health and 17 allied health disciplines, including nutrition and dietetics.
  - i. Limit to *Research* or *Randomized Controlled Trial* under Publication Type.
- b. **MEDLINE**  
National Library of Medicine bibliographic database indexing over 5200 international biosciences and healthcare journals.

- i. Limit to Publication Type, e.g., *Randomized Controlled Trial, Clinical Trial*, etc.
- ii. OR, use the Clinical Queries limits.

**c. Find Full-Text eJournals**

- i. Use the eJournals in HEAL-WA at [healwa.org](http://healwa.org)
- ii. Use full-text links in MEDLINE and CINAHL.
- iii. Check with your hospital or clinic library.
- iv. UW Affiliates: use the Proxy to access full-text journals from off-campus  
[www.lib.washington.edu/help/connect.html](http://www.lib.washington.edu/help/connect.html)

**4. Search Clinical Practice Guidelines**

- a. **National Guideline Clearinghouse**  
From the Agency for Healthcare Research and Quality. Evidence-based clinical practice guidelines.
- b. **Nursing Reference Center**  
See entry under Evidence Summaries 5.b.
- c. **Rehabilitation Reference Center**  
See entry under Evidence Summaries 5.c.
- d. **MEDLINE**
  - i. Limit to *Practice Guideline* under Publication Type.
- e. **CINAHL**
  - i. Limit to *Practice Guidelines* under Publication Type.
- f. **Can also check Association and Society guidelines.**

**5. Search Evidence Summaries**

- a. **DynaMed**  
Evidence-based summaries for over 3,500 topics that answer clinical questions. Updated daily; monitors content of 500+ medical journals and systematic evidence review databases. Includes drug and disease information.
- b. **Nursing Reference Center**  
Provides evidence-based resources for point-of-care access including Quick Lessons with disease/condition overviews, Evidence-Based Care Sheets with summaries of diseases and best treatment options, patient education handouts, drug information, CE, etc.
- c. **Rehabilitation Reference Center**  
Evidence-based, point of care information resources.
- d. **Natural Standard**  
Provides evidence-based information for complementary and alternative medicine, including herbs/dietary supplements, alternative practices modalities, and comparative effective charts. [Note: Natural Medicines will merge with Natural Standard in 2014].

**6. Search for Systematic Reviews and Meta-Analyses Resources**

- a. **Cochrane Database of Systematic Reviews**  
Systematic reviews of primary research in human health care and health policy that investigate the effects of interventions for prevention, treatment, and rehabilitation. Internationally recognized as the highest standard in evidence-based health care.
- b. **MEDLINE**
  - i. Select Meta-Analysis or Systematic Reviews under Article Types, OR
  - ii. Select Systematic Reviews in the Subject Subset.

c. **CINAHL**

- i. Use Publication Type: *Systematic Review* or *Meta Analysis* or *Meta Synthesis*.

**7. Drug Information**

a. **AHFS Drug Information**

Source of comprehensive, unbiased, evaluative drug data.

b. **LexiComp**

Comprehensive clinical drug database including Lexi-Drugs and Lexi-Interact.

**8. Patient Education Resources**

a. **Patient Education Reference Center**

Comprehensive collection of current, evidence-based patient education information for clinicians to print and distribute right at the point-of-care.

b. **MedlinePlus**

National Library of Medicine's invaluable resource for consumer education, patient teaching, drug and disease links, and ready reference. Includes interactive health tutorials, preformatted PubMed searches, etc.

**9. Multicultural Information**

a. **EthnoMed**

Contains information about cultural beliefs, medical issues and related topics pertinent to the health care of immigrants to Seattle or the U.S. Cultural profile includes a description of the group's country of origin, language, interpersonal relations, and health/death issues.

b. **RHIN**

Multilingual health information for refugees and health providers.

c. **SPIRAL (Selected Patient Information Resources in Asian Languages)**

Patient information by language (Cambodian Khmer, Chinese, Hmong, Japanese, Korean, Laotian, Thai, Vietnamese) and topic.

d. **MedlinePlus Health Information in Multiple Languages**

Consumer health site developed by the National Library of Medicine with links patient information in over 50 languages. Browse by topic or language.

PowerPoint: <http://media.hsl.washington.edu/media/schnall/NutritionNetworkPP.pdf>

Handout: <http://media.hsl.washington.edu/media/schnall/NutritionNetworkhandout.pdf>

Washington State Children with Special Health Care Needs

Nutrition Network

April 28, 2014